International Emergency and Hotline Numbers 2026:

A Bald and Bonkers Network LLC Guide

Introduction: A Global Lifeline

In a crisis, every second counts. Whether you are experiencing a mental health emergency, witnessing a crime, or facing a sudden medical event, the last thing you should have to do is scour the internet to figure out who to call.

This directory was compiled by Dakota Frandsen, founder of Bald and Bonkers Network LLC, as a core component of his ongoing advocacy for mental health awareness and his active collaborations with various law enforcement agencies. The goal is simple: to bridge the gap between people in distress and the professionals trained to help them, no matter where they are in the world. By making this resource available for free online and as a published reference book, we hope to put a vital safety tool directly into the hands of travelers, expatriates, and advocates alike.

However, navigating global emergency infrastructure requires more than just a list of phone numbers. It requires preparedness, situational awareness, and a clear understanding of how these systems operate.

A Living Document and Reader Responsibility

Please note that this book is a **living document**. It will be continually developed, expanded, and updated over time. Geopolitical climates shift, national infrastructures undergo modernization, and specific hotlines or NGOs may change their contact information or lose funding.

While every effort has been made to ensure the accuracy of this directory at the time of publication, **the ultimate responsibility to verify and ensure you have the correct, up-to-date information lies with you, the reader.** We highly recommend confirming the primary emergency numbers of your destination upon arrival.

How You Can Help: Community Contributions

Because emergency infrastructures and support networks are constantly evolving, we rely on the vigilance and shared knowledge of our readers to keep this directory as comprehensive and accurate as possible.

If you know of a vital local resource, a new crisis hotline, or a verified NGO that provides critical emergency support—or if you notice information that needs updating—we want to hear from you. You can submit your suggestions directly to our team:

- **Submit a Resource or Update:** Emergency Resource Submission Form

Your contributions are essential to making this a truly global, collaborative, and life-saving tool.

Crucial Warnings and Best Practices

Before utilizing this directory, it is critical to understand the technical and practical limitations of calling for help, especially when traveling. Please keep the following in mind:

1. Location-Based Dispatching (The "Out-of-State" Dilemma)

When you dial an emergency number like 911 from a mobile phone, your call is routed to a dispatch center based on the **physical cell tower your phone is connected to**, not the area code of your phone number.

> **Example:** Imagine you live in Oregon, but you are currently vacationing in Texas. Your security system alerts you that your Oregon home is being broken into. If you dial 911 from your hotel in Texas, you will be connected to a Texas dispatcher, who cannot dispatch police in Oregon. **The Solution:** If you are monitoring a remote property or a loved one in another state or country, you must program the **direct, 10-digit local dispatch number** of their specific local police or fire department into your phone. Dialing the universal emergency number will only summon help to your current physical location.

2. The Language Barrier

While many countries in this directory offer English-speaking operators, it is never a guarantee—especially outside of major tourist hubs or capital cities. In a high-stress situation, a language barrier can cost valuable time.

- **Best Practice:** Learn the local words for "Police," "Ambulance," "Fire," and "Help" before you travel. If you are staying at a hotel, the front desk can often act as an emergency translator; do not hesitate to ask them to make the call for you.

3. Mobile Networks and Locked Phones

In most countries, the universal emergency numbers (such as 112 in Europe or 911 in North America) are heavily prioritized by telecommunications networks.

- You can typically dial these numbers even if your phone is locked, out of prepaid minutes, or does not have a local SIM card, provided your phone can connect to *any* compatible local cell tower.
- However, specific local hotlines (like a 10-digit domestic violence shelter or a local suicide prevention line) **will require** a working network connection or active roaming.

4. Calling vs. Texting

While "Text-to-911" or "Text-to-112" services are becoming more common for situations where speaking is too dangerous (such as during a home invasion or severe domestic abuse), this technology is **not** globally universal. Unless a specific text line is listed for a country, always assume you must make a voice call. The general rule of emergency services is: *Call if you can, text if you must.*

Preparedness is the first step in crisis intervention. Use this guide to plan ahead, stay safe, and look out for one another.

Disclaimer of Liability

Please read this disclaimer carefully before using this directory. By accessing, reading, or utilizing the information contained in this book or its online counterparts, you acknowledge and agree to the following terms:

1. For Informational Purposes Only

This directory is provided strictly for informational and educational purposes. It is not a substitute for professional medical, psychiatric, legal, or law enforcement advice. Dakota Frandsen and Bald and Bonkers Network LLC are not emergency responders, healthcare providers, or legal representatives. If you or someone else is in immediate, life-threatening danger, you must attempt to contact your local emergency services directly.

2. No Guarantee of Accuracy or Timeliness

While every reasonable effort has been made to ensure the accuracy, completeness, and reliability of the information at the time of publication, emergency infrastructure is highly dynamic. Phone numbers, government agencies, non-governmental organizations (NGOs), and crisis hotlines change frequently due to funding variations, geopolitical shifts, and technological upgrades. **Dakota Frandsen, Bald and Bonkers Network LLC, and any affiliated contributors make no warranties or representations, express or implied, regarding the current accuracy or functionality of the contact information provided herein.**

3. Assumption of Risk

The use of this directory is solely at your own risk. It is the absolute responsibility of the reader to verify the primary emergency contact numbers of their specific location, whether at home or traveling abroad. You acknowledge that relying on this guide without independent verification in a localized setting is done at your own discretion.

4. Limitation of Liability

Under no circumstances shall Dakota Frandsen, Bald and Bonkers Network LLC, its officers, employees, partners, or contributors be held liable for any direct, indirect, incidental, consequential, special, or exemplary damages arising from the use, misuse, or inability to use the information contained in this resource. This includes, but is not limited to:

- Injury, worsening of medical/psychiatric conditions, or death.
- Property damage or loss.
- Failure to connect to emergency services due to outdated information, telecommunication failures, language barriers, or lack of cellular network coverage.

- Any actions or inactions taken by the dispatchers, responders, or organizations contacted using this directory.

5. Third-Party Services and Endorsements

The inclusion of specific non-governmental organizations, private medical services, rehabilitation centers, and crisis hotlines does not constitute an endorsement or recommendation by the author or publisher. We do not control, monitor, or guarantee the quality of care, response times, or operational status of any third-party entity listed in this document.

6. Technical and Telecommunication Limitations

Readers must understand that telecommunication networks vary wildly across the globe. The author and publisher bear no responsibility for your inability to reach emergency services due to locked devices, lack of roaming capabilities, incompatible cellular bands, or local network outages.

By using this resource, you agree to indemnify and hold harmless Dakota Frandsen and Bald and Bonkers Network LLC from any and all claims, liabilities, damages, or costs (including legal fees) arising from your reliance on the material provided.

Algeria 🇩🇿

> **Important Note on Dialing Codes:** > Shorter numbers (such as `14`, `17`, or `1026`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Algeria. Numbers listed with a `+` or `00` prefix (like `+213`) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police (Urban):** `17` or `1548`
- **Fire & Ambulance (Civil Protection):** `14`
- **Gendarmerie (Rural/Inter-city Police):** `1055`
- **General Emergency (Mobile Phones):** `112`
- **Poison Control Center (Algiers):** `021 97 98 98` *(Provides guidance for ingestion or exposure to unknown substances)*

Suicide Prevention & Mental Health Crises

- **Primary Suicide & Crisis Hotline:** `0021 3983 2000 58` *(Local callers may need to adjust the prefix depending on their carrier).*
- **Psychological Support Cell (Algerian Association for Family Planning):** `1005` or `021 78 29 67`
- **Bab El Oued Hospital (CHU) Psychological Support:** `023 16 38 82`

Domestic Violence & Abuse

- **National Line for Women in Distress:** `1026` *(Green line to report violence against women)*
- **Child Abuse Helpline (NADA - "Je t'écoute"):** `3033` *(Toll-free national mechanism to fight all forms of child abuse)*
- **Réseau WASSILA – AVIFE (Support for Women & Children):** `0560 100 105` or `0770 286 529` *(Offers free, confidential support and information by phone and WhatsApp)*
- **Algerian Women Claiming Their Rights (FARD):** `+213 772 26 41 61`

Addiction & Substance Abuse Help

- *Algeria does not have a single, widely advertised three-digit national hotline exclusively for addiction. Instead, treatment is routed through the Ministry of Health's regional outpatient centers.*

- **First Point of Contact:** Call the general psychological support line at `1005` for guidance, or visit a local university hospital (CHU) which houses specialized psychiatric and addiction care units.
- **Emergency Overdose:** For immediate, life-threatening medical emergencies related to substances, call Ambulance/Civil Protection at `14`.

Argentina 🇦🇷

Important Note on Dialing Codes: > Shorter numbers (such as `911`, `107`, or `144`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Argentina. Numbers listed with a `+` or `00` prefix (like `+54`) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **General Emergency / Police:** `911` *(Available nationwide)*
- **Ambulance / Medical Emergencies (SAME):** `107`
- **Firefighters (Bomberos):** `100`
- **Tourist Police (Buenos Aires):** `+54 911 5050 9260` *(Available via WhatsApp and phone 24/7 for English-speaking assistance)*

Suicide Prevention & Mental Health Crises

- **Centro de Asistencia al Suicida (CAS):** * Dial `135` *(If calling from Greater Buenos Aires)*
    - Dial `0800 345 1435` or `(011) 5275-1135` *(If calling from the rest of the country)*
- **S.O.S Un Amigo Anónimo:** `(011) 4783-8888` *(Offers confidential, anonymous support during daytime/evening hours)*

Domestic Violence & Abuse

- **National Gender Violence Helpline:** `144` *(Free, confidential, and available 24/7 nationwide)*
    - **WhatsApp option:** `11 2771 6463`
- **Family and Sexual Violence Hotline:** `137` *(A team of psychologists and social workers from the Victims against Violence Program providing 24/7 support)*
    - **WhatsApp option:** `11 3133 1000`

Addiction & Substance Abuse Help

- **SEDRONAR National Addiction Hotline:** `141` *(Free, anonymous, and national service offering containment, information, and advice 24/7 for individuals and family members dealing with substance abuse and gambling addiction)*
- **Emergency Medical Overdose:** Dial `107` or `911` immediately for life-threatening medical situations related to substances.

Armenia 🇦🇲

Important Note on Dialing Codes: > Shorter numbers (such as `911`, `102`, or `103`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Armenia. Numbers listed with a `+` or `00` prefix (like `+374`) include the country code and require you to use your phone's international dialing feature. If dialing a local city code like `010` (Yerevan) from within the country, include the zero; if calling internationally, drop the zero after the `+374`.

General Emergency Numbers

- **General Emergency:** `911` or `112` *(Armenia uses a unified dispatch system similar to the US/EU)*
- **Police:** `102`
- **Ambulance / Medical Emergencies:** `103`
- **Fire Department:** `101`
- **Gas Leaks / Emergency:** `104`

Suicide Prevention & Mental Health Crises

- **Trust Social Work and Sociological Research Centre:** `(010) 538 194` or `(010) 538 197` *(Provides psychological support and crisis counseling for those in despair or experiencing suicidal thoughts)*
- **Emergency Psychiatric Support:** Dial `103` (Ambulance) to request immediate psychiatric medical intervention.

Domestic Violence & Abuse

- **Women's Support Center (WSC):** `099 88 78 08` *(Offers crisis response, shelter, and counseling for victims of domestic violence)*
- **Women's Rights Center:** `010 54 28 28`
- **FAR Child Protection Hotline:** `0800 61 111` *(Toll-free hotline for addressing child abuse and human trafficking)*

Addiction & Substance Abuse Help

- *Armenia does not have a widely publicized, centralized three-digit hotline specifically for addiction. Care is typically managed through the Ministry of Health and specialized clinics like the National Center of Addiction Treatment in Yerevan.*

- **First Point of Contact:** Individuals seeking treatment or support are generally advised to consult their primary care doctor or local polyclinic for a referral to state-sponsored addiction services.
- **Emergency Overdose:** For immediate, life-threatening medical situations related to substances, dial `103` (Ambulance) or `911` immediately.

Australia 🇦🇺

Important Note on Dialing Codes: > Shorter numbers (such as `000` or numbers starting with `13`, `1300`, or `1800`) are local and national numbers meant to be dialed exactly as they appear when you are physically located inside Australia. Numbers listed with a `+` or `00` prefix (like `+61`) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance):** `000` *(Triple Zero is the primary emergency number nationwide)*
- **Mobile Phone Emergency:** `112` *(Can be dialed from any mobile phone, even without carrier coverage)*
- **Text Emergency Relay (Deaf/Hearing/Speech Impaired):** `106`
- **State Emergency Service (SES):** `132 500` *(For emergency help in floods and storms)*
- **Poisons Information Centre:** `13 11 26` *(Available 24/7 nationwide)*

Suicide Prevention & Mental Health Crises

- **Lifeline:** `13 11 14` *(24/7 crisis support and suicide prevention)*
  - **Text option:** `0477 13 11 14`
- **Suicide Call Back Service:** `1300 659 467` *(24/7 nationwide service providing telephone and online counseling)*
- **Beyond Blue:** `1300 22 4636` *(24/7 mental health counseling and support)*
- **Kids Helpline:** `1800 55 1800` *(Free, private, and confidential 24/7 phone and online counseling for young people aged 5 to 25)*

Domestic Violence & Abuse

- **1800RESPECT:** `1800 737 732` *(National sexual assault, domestic, and family violence counseling service, available 24/7)*
  - **Text option:** `0458 737 732`
- **MensLine Australia:** `1300 78 99 78` *(Support and referral service for men with family and relationship concerns, including domestic violence)*

Addiction & Substance Abuse Help

- **National Alcohol and Other Drug Hotline:** `1800 250 015` *(Free, 24/7 confidential advice about alcohol and other drugs, offering support, information, counseling, and referral to services)*

- **Family Drug Support (FDS):** `1300 368 186` *(24/7 support line for families and friends of people using illicit drugs)*
- **Emergency Medical Overdose:** Dial `000` immediately for life-threatening medical situations related to substances. Police in Australia are generally not dispatched to overdoses unless there is a fatality or a threat to ambulance crews.

Austria 🇦🇹

Important Note on Dialing Codes: > Shorter numbers (such as `112`, `133`, or `144`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Austria. Numbers listed with a `+` or `00` prefix (like `+43`) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency:** `112` *(Works on all mobile phones, even without a SIM or without unlocking the phone)*
- **Police:** `133`
- **Ambulance / Rescue:** `144`
- **Fire Brigade:** `122`
- **Mountain Rescue (Alpine Emergency):** `140`
- **Medical On-Call / Emergency Doctor:** `141`
- **Poison Control Center:** `+43 1 406 43 43`

Suicide Prevention & Mental Health Crises

- **Telefonseelsorge (Telephone Emergency Service):** `142` *(Confidential and free 24/7 crisis counseling for anyone; English is often spoken)*
- **Rat auf Draht (Advice on the Wire):** `147` *(24/7 free and confidential support specifically for children, youth, and their parents)*

Domestic Violence & Abuse

- **Frauenhelpline gegen Gewalt (Women's Helpline Against Violence):** `0800 222 555` *(24/7, free, and anonymous. Offers counseling in multiple languages including English, Arabic, Spanish, and Turkish)*
- **Opfer-Notruf (Victim Emergency Call / Weisser Ring):** `0800 112 112` *(24/7 helpline for victims of any crime, including domestic abuse)*
- **Männernotruf (Men's Helpline):** `0800 246 247` *(24/7 initial point of contact for men in crisis and situations involving violence)*

Addiction & Substance Abuse Help

- *Austria manages addiction treatment regionally through local healthcare systems rather than through a single three-digit national hotline.*

- **First Point of Contact:** For immediate emotional support and crisis counseling regarding substance abuse, individuals can call the general mental health line at 142.
- **Emergency Overdose:** For immediate, life-threatening medical emergencies related to substances, dial Ambulance / Rescue at 144 or the European Emergency Number at 112.

The Bahamas 🇧🇸

Important Note on Dialing Codes: > The Bahamas is part of the North American Numbering Plan (NANP). Shorter emergency numbers (like `911` or `919`) are meant to be dialed exactly as they appear when you are physically located inside the country. If you are calling a local 7-digit number from outside the Bahamas, you must dial `+1 242` followed by the 7-digit number. Callers from the US and Canada can simply dial `1 (242)` and the number, just like an out-of-state call.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance):** `911` or `919` *(Both numbers are used interchangeably nationwide)*
- **Princess Margaret Hospital (PMH) Accident & Emergency:** `(242) 326-7014` *(Primary public hospital in Nassau)*
- **Bahamas Air Sea Rescue Association (BASRA):** `(242) 325-8864` *(For marine emergencies)*

Suicide Prevention & Mental Health Crises

- **National Hotline for Crisis Intervention:** `(242) 322-2763` or `(242) 422-2763` *(Operated by the Department of Social Services, providing 24/7 counseling for depression, being overwhelmed, or experiencing suicidal thoughts)*
- **The Bahamas Crisis Centre:** `(242) 328-0922` *(24/7 hotline for individuals facing any severe crisis)*

Domestic Violence & Abuse

- **The Bahamas Crisis Centre:** `(242) 328-0922` *(Primary 24/7 hotline for women, men, and children facing domestic violence, sexual assault, or abuse)*
- **Domestic Violence and Counseling Unit (Social Services):** `(242) 376-3538`
- **Child Abuse Hotline:** `(242) 322-2763`

Addiction & Substance Abuse Help

- *The Bahamas does not have a single three-digit hotline specifically for addiction. Treatment is generally routed through the public health system.*
- **First Point of Contact:** For immediate support or counseling regarding substance abuse, individuals and families can call the National Hotline for Crisis Intervention at `(242) 322-2763`.
- **Sandilands Rehabilitation Centre:** `(242) 364-9670` *(The national psychiatric and geriatric hospital, which handles substance abuse rehabilitation and mental health care).*

- **Emergency Overdose:** For immediate, life-threatening medical situations related to substances, dial 911 or 919 immediately.

Here is the information for **Bahrain**, perfectly formatted to drop right into your document.

Bahrain 🇧🇭

Important Note on Dialing Codes: > Shorter numbers (such as `999` or `998`) or toll-free numbers (like `8000 1488`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Bahrain. Numbers listed with a `+` prefix (like `+973`) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance):** `999` *(This is the primary National Emergency Call Center and covers all services)*
- **Mobile Phone Emergency:** `112` *(Standard international emergency number that routes to local dispatch)*
- **Police Hotline:** `8000 8008`
- **Traffic Accidents:** `199`

Suicide Prevention & Mental Health Crises

- *Bahrain does not currently have a dedicated three-digit national suicide hotline. Acute mental health crises are generally handled through emergency medical services.*
- **Primary Emergency Response:** Dial `999` if there is an imminent risk to life.
- **Shamsaha MENA:** `+973 3844 7588` or `+973 6671 0901` *(While primarily a domestic and sexual violence resource, they offer 24/7 crisis support and can assist women in severe emotional distress).*
- **Psychiatric Hospital:** Care for severe mental health crises is typically routed through the emergency department at the national Psychiatric Hospital in Manama.

Domestic Violence & Abuse

- **Shamsaha MENA:** `+973 3844 7588` *(Provides 24/7 telephone and in-person crisis response for women who are victims of domestic and sexual violence; services are free and confidential).*
- **Aisha Yateem Family Counseling Center:** `8000 1488` *(Toll-free hotline providing immediate counseling for individuals experiencing domestic violence).*

- **Dar Al-Aman Service & Child Protection Centre:** `8000 8001` *(For women and children experiencing domestic violence).*
- **Child Helpline:** `998` *(24/7 hotline to report violence or abuse against children, offering counseling and active listening).*

Addiction & Substance Abuse Help

- *Like many countries in the region, addiction treatment in Bahrain is primarily handled through the Ministry of Health rather than a centralized, public three-digit hotline.*
- **First Point of Contact (Recovery Program):** The Drug Enforcement Administration operates a hotline at `1771 5579`. While it is used for reporting, it also acts as a gateway to the "Recovery" program to help individuals seeking to quit substance abuse with privacy and confidentiality.
- **Medical Treatment:** The primary facility for rehabilitation is the Addiction Treatment Unit at the Psychiatric Hospital, which provides specialized care, including a methadone clinic.
- **Emergency Overdose:** For immediate, life-threatening medical situations related to substances, dial `999` immediately.

Here is the information for **Bangladesh**, maintaining the exact formatting and dialing code notice for your document.

Bangladesh 🇧🇩

Important Note on Dialing Codes: > Shorter numbers (such as 999 or 109) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Bangladesh. Numbers listed with a + prefix (like +880) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **National Emergency Service (Police, Fire, Ambulance):** 999 *(This is the central toll-free dispatch number available 24/7 nationwide)*
- **Rapid Action Battalion (RAB):** 101 *(Direct helpline for immediate high-level security and anti-crime assistance)*
- **Police Complaint Line:** 100 *(For reporting police misconduct or issues to senior officers)*

Suicide Prevention & Mental Health Crises

- **Kaan Pete Roi:** +880 9612 119911 *(Bangladesh's first emotional support and suicide prevention helpline, offering confidential listening and psychosocial support)*
    - **Alternative mobile numbers:** 01779 554391 or 01779 554392
- **Vent by Mindspace:** +880 9678 678 778 *(A psychological crisis hotline specifically dedicated to supporting youth and young adults in distress)*

Domestic Violence & Abuse

- **National Helpline Centre for Violence Against Women and Children:** 109 *(Toll-free, 24/7 service operated by the Ministry of Women and Children Affairs offering immediate support and legal advice)*
- **National Child Helpline:** 1098 *(Provides 24/7 free and confidential support, rescue operations, and information to help children and youth)*

Addiction & Substance Abuse Help

- *Bangladesh does not currently have a centralized, public three-digit national hotline exclusively for addiction. Treatment is generally managed through the Department of Narcotics Control (DNC), state mental health institutes, or private rehabilitation centers.*
- **First Point of Contact:** For general guidance, health service information, or to find local government resources for social problems, individuals can call the National Information Center at `333`.
- **Private Rehabilitation Support (e.g., Mukti Drug Helpline):** `01678 244 511` *(Mukti is one of the more prominent treatment centers in Dhaka that provides telephone guidance for addiction intake and family support).*
- **Emergency Overdose:** For immediate, life-threatening medical situations related to substances, dial `999` immediately to request an ambulance.

Barbados 🇧🇧

Important Note on Dialing Codes: > Barbados is part of the North American Numbering Plan (NANP) with the area code `246`. Shorter emergency numbers (like `211` or `511`) are meant to be dialed exactly as they appear when you are physically located inside the country. If you are calling a local 7-digit number from outside Barbados, you must dial `+1 246` followed by the 7-digit number. Callers from the US and Canada can simply dial `1 (246)` and the number, just like an out-of-state call.

General Emergency Numbers

- **Police:** `211`
- **Fire and Rescue:** `311` *(For hard of hearing or to share a pin location, you can WhatsApp Fire & Rescue at* `+1 246 262 4120`*)*
- **Ambulance:** `511`
- **Coast Guard (Marine Emergencies):** `+1 246 536 2948` or `+1 246 536 2829` *(VHF Channel 16)*

Suicide Prevention & Mental Health Crises

- **Lifeline Barbados:** `+1 246 536 4500` *(24/7 free mental health and suicide prevention helpline provided by the Ministry of Health)*
- **Samaritans of Barbados:** `(246) 429 9999` *(Provides confidential emotional support for individuals in distress or experiencing suicidal thoughts)*
- **CASA Mental Health Support Hotline:** `+1 246 264 7151` *(Provides mental health support during evening hours, 5 PM – 11 PM)*

Domestic Violence & Abuse

- **BPW (Barbados Professional Women) Crisis Centre and Shelter:** `(246) 435 8222` *(24-hour crisis hotline offering confidential counseling, safe haven, and referrals for victims of domestic violence and sexual assault)*
- **Advocates Against Domestic Abuse (AADA) Helpline:** `(246) 432 2873` *(Provides counseling and connects individuals with professionals for support against domestic abuse)*

Addiction & Substance Abuse Help

- **Centre for Counselling Addiction Support Alternatives (CASA):** *(CASA is the primary NGO in Barbados providing crisis intervention, treatment, and rehabilitation for substance abuse).* * **Evening Support Hotline:** +1 246 264 7151 *(5 PM – 11 PM)*
    - **General Office/Daytime Inquiries:** They can typically be reached through local directory assistance for daytime intake.
- **Psychiatric Hospital / Queen Elizabeth Hospital (QEH):** For severe acute crises requiring immediate medical or psychiatric intervention, care is managed through the national hospital systems.
- **Emergency Overdose:** For immediate, life-threatening medical situations related to substances, dial 511 (Ambulance) immediately.

Belarus 🇧🇾

Important Note on Dialing Codes: > Shorter numbers (such as `101`, `102`, or `103`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Belarus. Numbers listed with a `+` prefix (like `+375`) include the country code and require you to use your phone's international dialing feature. If calling a local landline or toll-free number from within the country, you typically dial `8` first, wait for a tone, then dial the rest of the number.

General Emergency Numbers

- **General Emergency / Mobile Phones:** `112` *(Routes to the Ministry of Emergency Situations)*
- **Fire and Rescue:** `101`
- **Police (Militsiya):** `102`
- **Ambulance / Medical Emergencies:** `103`
- **Gas Emergency:** `104`

Suicide Prevention & Mental Health Crises

- **Republican Telephone Line of Psychological Help:** `8 801 100 16 11` *(A nationwide toll-free hotline offering psychological support and crisis intervention, often utilized for youth and general mental health crises).*
- **Minsk City Crisis Telephone (Adults):** `+375 17 352 44 44` *(24/7 psychological support line operated by the city's psychiatric dispensary; callers outside Minsk must use the full code).*
- **Minsk City Crisis Telephone (Children & Youth):** `+375 17 263 03 03`
- **Regional Help:** In many areas outside the capital, dialing `170` from a local landline connects you to regional psychological trust lines.

Domestic Violence & Abuse

- **National Hotline for Victims of Domestic Violence:** `8 801 100 8 801` *(Toll-free nationwide hotline offering confidential psychological, legal, and social support for victims of domestic abuse).*
- **Emergency Response:** For immediate physical danger, individuals are advised to dial the Police at `102`.

Addiction & Substance Abuse Help

- *Belarus does not operate a single, centralized three-digit public hotline specifically for addiction. Treatment and rehabilitation are state-run and managed through the Ministry of Health.*
- **First Point of Contact (Narcological Dispensaries):** Individuals seeking help are typically routed through regional state narcological dispensaries. For general psychological guidance regarding addiction, individuals can call the adult crisis line in Minsk at `+375 17 352 44 44`.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `103` (Ambulance) immediately.

Belgium 🇧🇪

Important Note on Dialing Codes: > Shorter numbers (such as `112`, `101`, or `1813`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Belgium. Numbers listed with a `+` or `00` prefix (like `+32`) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency:** `112` *(Works on all mobile phones; dispatches Police, Fire, or Ambulance)*
- **Police (Direct):** `101`
- **Fire and Ambulance (Direct):** `100`
- **Non-Emergency Medical On-Call / Doctor:** `1733`
- **Poison Control Center (Antigifcentrum / Centre Antipoisons):** `070 245 245` *(Available 24/7)*

Suicide Prevention & Mental Health Crises

- **Zelfmoordlijn (Flanders / Dutch-speaking):** `1813` *(24/7 free and anonymous suicide prevention)*
- **Centre de Prévention du Suicide (Wallonia & Brussels / French-speaking):** `0800 32 123` *(24/7 free and anonymous suicide prevention)*
- **Tele-Onthaal (Dutch Emotional Support):** `106` *(24/7 crisis and emotional support)*
- **Télé-Accueil (French Emotional Support):** `107` *(24/7 crisis and emotional support)*
- **Community Help Service (English-speaking / Expats):** `02 648 40 14` *(24/7 confidential helpline offering support in English for all ages)*

Domestic Violence & Abuse

- **Flanders Violence & Abuse Helpline:** `1712` *(Free helpline for citizens of Flanders answering questions and providing support regarding violence, domestic abuse, and child abuse)*
- **Ecoute Violences Conjugales (French-speaking):** `0800 30 030` *(Free, anonymous, 24/7 domestic violence helpline for Wallonia and Brussels)*
- **SOS Viol (Sexual Violence Support - French):** `0800 98 100` *(Free and anonymous psychological, social, and legal support for victims of sexual violence)*

Addiction & Substance Abuse Help

- **De Druglijn (Flanders / Dutch-speaking):** `078 15 10 20` *(Anonymous information, advice, and guidance regarding alcohol, drugs, pills, and gambling)*
- **Infor Drogues & Addictions (Wallonia & Brussels / French-speaking):** `02 227 52 52` *(Telephone support and consultations for questions and help regarding drugs and their uses)*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `112` immediately for an ambulance.

Belize 🇧🇿

Important Note on Dialing Codes: > Belize's country code is `+501`. Shorter emergency numbers (such as `911` or `90`) and toll-free numbers (like those starting with `0-800`) are meant to be dialed exactly as they appear when you are physically located inside Belize. If you are calling a local 7-digit number from outside the country, you must dial `+501` followed by the 7-digit number.

General Emergency Numbers

- **Police:** `911`
- **Fire & Ambulance:** `90` *(In many areas,* `911` *can also dispatch fire and medical services)*
- **Belize Coast Guard (Marine Emergencies):** `225-2125` or via Marine Radio Channel 16
- **National Emergency Management Organization (NEMO):** `225-2087` *(For natural disasters and national security emergencies)*

Suicide Prevention & Mental Health Crises

- **Ministry of Health & Wellness Hotline:** `0-800-MOH-CARE` (`0-800-664-2273`) *(Toll-free national hotline providing assistance, counseling, and mental health support)*
- **Public Hospitals:** Acute psychiatric crises and suicidal emergencies are managed at mental health clinics located within the public hospitals in each district.

Domestic Violence & Abuse

- **National Domestic Violence Hotline:** `0-800-A-WAY-OUT` (`0-800-292-9688`)
    - **WhatsApp/Text Option:** `672-9628` *(Send a text or WhatsApp message to request urgent attention)*
- **Belize Police Family Violence Unit:** `227-2222`
- **Haven House Hotline:** `222-4343` *(A confidential shelter for women and their children escaping abusive relationships)*
- **Women's Department:** `227-7397` *(Provides safety planning, legal information, and emotional support for women experiencing domestic violence)*
- **Child Abuse Hotline:** `0-800-PROTECT` (`0-800-776-8328`)

Addiction & Substance Abuse Help

- **National Drug Abuse Control Council (NDACC):** `227-0528` *(This is the central technical office in Belize City. They provide outreach, brief intervention, and referrals for substance abuse treatment and rehabilitation).*

  - *Note: NDACC has regional offices in each district (e.g., Cayo, Toledo, Orange Walk) that can be contacted locally for community empowerment and rehabilitation services.*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `90` or `911` immediately for an ambulance.

Benin 🇧🇯

> **Important Note on Dialing Codes:** > Benin’s country code is +229. Shorter emergency numbers (such as 117, 118, or 112) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Benin. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police (Police Secours):** 117
- **Fire Brigade (Sapeurs-Pompiers):** 118
- **Ambulance / Medical Emergencies (SAMU):** 112

Suicide Prevention & Mental Health Crises

- *Benin does not currently have a dedicated, national three-digit suicide prevention hotline. Mental health resources are largely managed through public hospitals and NGOs.*
- **ABMS Health Helpline:** 7344 *(Operated by the Association Béninoise pour le Marketing Social, this is an interactive health service that provides listening and guidance for family and mental health struggles).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies, dial the general medical emergency line at 112.

Domestic Violence & Abuse

- **Child Violence & Abuse Helpline (UNICEF Benin / Sauver l'Enfant):** 138 *(A dedicated line offering permanent listening, communication, and intervention for children who are victims of violence and abuse).*
- **CAPJ/COSI Benin Helpline:** 91 47 00 00 *(A toll-free helpline set up to assist women and survivors of workplace harassment and domestic violence. They register complaints and refer victims to Social Promotion Centers based on their location).*

Addiction & Substance Abuse Help

- *Benin does not operate a centralized, public hotline exclusively for addiction and substance abuse. Treatment is generally handled through the national public health infrastructure.*
- **First Point of Contact:** Individuals seeking help for substance abuse issues are encouraged to contact the ABMS Health Helpline at 7344 for confidential guidance and referrals to local medical or psychological resources.

- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 112 (Ambulance) immediately.

Bermuda 🇧🇲

> **Important Note on Dialing Codes:** > Bermuda is part of the North American Numbering Plan (NANP) with the area code `441`. Shorter emergency numbers (like `911`) are meant to be dialed exactly as they appear when you are physically located inside the country. If you are calling a local 7-digit number from outside Bermuda, you must dial `+1 441` followed by the 7-digit number. Callers from the US and Canada can simply dial `1 (441)` and the number, just like an out-of-state call.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance, Marine Rescue):** `911`
- **Emergency Measures Organisation (EMO):** `295-0011` *(For island-wide emergencies and disaster coordination)*
- **Maritime Operations Centre:** `297-1010`

Suicide Prevention & Mental Health Crises

- **Mid-Atlantic Wellness Institute (MWI) Mental Health Crisis Line:** `239-1111` or `236-3770` *(24/7 psychiatric and mental health crisis hotline operated by the Bermuda Hospitals Board)*
- **The Family Centre:** `232-1116` *(Offers therapeutic grief and mental health support specifically for children and teens aged 4-18)*

Domestic Violence & Abuse

- **Centre Against Abuse:** `297-8278` *(24-hour hotline providing crisis support, shelter, and counseling for adult victims of domestic abuse and sexual assault)*
- **Department of Child and Family Services:** `278-9111` *(Specializes in crisis counseling, grief counseling, and reporting for children and parents)*

Addiction & Substance Abuse Help

- **Focus Counselling Services:** `296-2196` or `705-4991` *(Provides a 24-hour support line, individual/group counseling, and drop-in support for substance abuse)*
- **Bermuda Assessment and Referral Centre (BARC):** `292-5005` *(The primary public gateway to access comprehensive assessments and referrals for entering a drug treatment program in Bermuda)*
- **Turning Point Substance Abuse Programme:** Access through the Mid-Atlantic Wellness Institute at `239-1111` *(Provides inpatient and outpatient treatment, as well as medication-assisted treatment)*

- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 911 immediately for an ambulance.

Bhutan 🇧🇹

Important Note on Dialing Codes: > Shorter numbers (such as `112`, `113`, or `1010`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Bhutan. Numbers listed with a `+` prefix (like `+975`) include the country code and require you to use your phone's international dialing feature.

General Emergency Numbers

- **Ambulance & Medical Emergencies:** `112`
- **Police:** `113`
- **Fire & Rescue Services:** `110`
- **Traffic Police:** `111`
- **Disaster Communication Helpline:** `999`

Suicide Prevention & Mental Health Crises

- **The PEMA Secretariat Helpline:** `1010` *(Bhutan's national nodal agency for mental health. This is a 24/7 national hotline managed in coordination with the Royal Bhutan Police for anyone seeking mental health support, crisis intervention, or suicide prevention).*
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies, dial `112` for an ambulance.

Domestic Violence & Abuse

- **National Helpline for Children and Vulnerable Groups:** `1098` *(A 24/7 toll-free helpline providing immediate support, counseling, and rescue for children, women, and other vulnerable individuals experiencing domestic violence or abuse).*
- **Woman and Child Protection Division (Royal Bhutan Police):** For immediate physical danger, victims should dial the main police line at `113`, which coordinates with specialized protection officers for gender-based violence and child abuse.

Addiction & Substance Abuse Help

- *Bhutan does not have a distinct three-digit hotline solely for addiction. Treatment and rehabilitation are managed through state health services and organizations like the Bhutan Narcotics Control Authority (BNCA).*
- **First Point of Contact:** Individuals seeking counseling or help with substance abuse disorders can call the national mental health hotline at `1010` to get connected with counseling and treatment resources.

- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 112 immediately for an ambulance.

Bolivia 🇧🇴

Important Note on Dialing Codes: > Bolivia’s country code is `+591`. Shorter emergency numbers (such as `110`, `119`, or `118`) and toll-free numbers (like those starting with `800`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Bolivia. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police (Radio Patrullas):** `110` *(This is the primary nationwide emergency number)*
- **Fire Brigade (Bomberos):** `119`
- **Ambulance / Medical Emergencies:** `118` or `165` *(Depending on the specific city or municipality, `165` often connects to the public SUMA ambulance network, while `118` is a general medical emergency line)*
- **Search and Rescue (SAR):** `138`

Suicide Prevention & Mental Health Crises

- *Bolivia does not currently operate a single, centralized three-digit national suicide hotline. Emergency mental health crises are primarily routed through general medical services or specialized NGOs.*
- **Primary Emergency Response:** For immediate, life-threatening psychiatric emergencies, dial the Police at `110` or Medical Emergencies at `118`/`165`.
- **Fundación Pro Mujer (Mujer Segura Hotline):** `800 10 37 00` *(While primarily aimed at women's safety, this toll-free hotline provides free, immediate crisis counseling and psychological support).*

Domestic Violence & Abuse

- **FELCV (Special Force to Combat Violence):** `110` *(FELCV is a specialized branch of the Bolivian police dedicated to gender-based and domestic violence. Dialing 110 will dispatch them). * Note: The FELCV also operates regional WhatsApp numbers for discreet reporting, which vary heavily by city (e.g., La Paz, Santa Cruz, Cochabamba).*
- **Fundación Pro Mujer (Mujer Segura Hotline):** `800 10 37 00` *(Toll-free, confidential hotline offering support, legal orientation, and psychological help for women experiencing domestic violence).*

Addiction & Substance Abuse Help

- *Bolivia does not have a centralized, public three-digit hotline specifically for addiction. Substance abuse treatment is generally handled through the public health system, psychiatric hospitals, or private NGOs.*
- **First Point of Contact:** Individuals seeking help for substance abuse issues are typically encouraged to visit a local public hospital or specialized regional public health clinics for an assessment and referral.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 118 or 165 (Ambulance) immediately.

Here is the information for **Bosnia and Herzegovina**, formatted exactly for your document.

Because the country is composed of two primary entities—the Federation of Bosnia and Herzegovina (FBiH) and Republika Srpska (RS)—you will notice that domestic violence resources are divided by region to ensure callers reach the correct local jurisdiction.

Bosnia and Herzegovina 🇧🇦

Important Note on Dialing Codes: > Bosnia and Herzegovina's country code is +387. Shorter emergency numbers (such as 122, 123, 124) or entity-specific shortcodes (like 1264 and 1265) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside the country. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency:** 112 *(Works on mobile phones; routes to the appropriate local dispatch)*
- **Police:** 122
- **Fire Department:** 123
- **Ambulance / Medical Emergencies:** 124
- **Roadside Assistance (BIHAMK):** 1282

Suicide Prevention & Mental Health Crises

- **Plavi Telefon (Blue Phone):** `0800 50 305` *(A toll-free, anonymous helpline available across the entire country. While originally established for children and youth, it provides psychological support and crisis intervention for adults as well).*
- **Clinical Centers:** Severe, acute mental health crises are typically handled by the emergency psychiatric wards at local clinical centers (e.g., Clinical Center University of Sarajevo or UKC Republika Srpska). Dial 124 for immediate medical transport if life is at risk.

Domestic Violence & Abuse

- **SOS Line for the Federation of Bosnia and Herzegovina (FBiH):** 1265 *(24/7 toll-free helpline for victims of domestic violence in the FBiH entity).*
- **SOS Line for Republika Srpska (RS):** 1264 *(24/7 toll-free helpline for victims of domestic violence in the RS entity, operated by the Foundation "United Women").*

- **Vive Žene (Center for Therapy and Rehabilitation):** +387 35 224 310 *(Located in Tuzla, this NGO provides psychosocial support, shelter, and counseling for victims of trauma and domestic abuse).*

Addiction & Substance Abuse Help

- *Bosnia and Herzegovina does not operate a single, centralized three-digit national hotline specifically for addiction. Treatment is managed through public health institutes.*
- **Institutes for Addiction Diseases (Zavod za bolesti ovisnosti):** Major cities have dedicated institutes (e.g., in Sarajevo and Zenica) that serve as the primary point of contact for outpatient treatment, methadone/buprenorphine therapy, and psychological counseling. Individuals usually access these through referral from their family medicine doctor.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 124 (Ambulance) immediately.

Botswana 🇧🇼

Important Note on Dialing Codes: > Botswana's country code is `+267`. Shorter emergency numbers (such as `999` or `997`) and toll-free numbers (like those starting with `0800` or `116`) are meant to be dialed exactly as they appear when you are physically located inside Botswana. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** `999` *(Toll-free)*
- **Fire Brigade:** `998` *(Toll-free)*
- **Ambulance (Public):** `997` *(Toll-free)*
- **Medical Rescue (Private):** `911` *(Toll-free)*
- **Mobile Phone Emergency:** `112` *(Standard international emergency number that routes to local dispatch)*

Suicide Prevention & Mental Health Crises

- **Lifeline Botswana (Suicide Hotline):** `391-1270` *(Provides 24/7 support for individuals in distress or experiencing suicidal thoughts)*
- **Youth Helpline:** `391-2345` *(Provides support tailored specifically to young people experiencing mental health challenges or crises)*

Domestic Violence & Abuse

- **Botswana GBV Prevention and Support Centre (BGBVC):**
    - **Free Tele-counselling:** `14655`
    - **Emergency Cell:** `74 265 081`
- **GBV Police Toll-Free Helpline:** `0800 600 144`
- **Childline Botswana:** `116` *(24/7 free and confidential support and information by phone to help youth and children in danger or experiencing abuse)*
- **Women Against Rape (WAR):** `0800 600 387` or `71 311 244` *(Based in Maun, provides emergency shelter for survivors of gender-based violence, psychosocial support, and legal assistance)*

Addiction & Substance Abuse Help

- **Botswana Substance Abuse Support Network (BOSASNet):** `395 9119` or `391 3490` *(An NGO located in Gaborone providing outpatient rehabilitation, education, and psychological counseling for substance abuse and addiction).*

- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 997 (Public Ambulance) or 911 (Medical Rescue) immediately.

Brazil 🇧🇷

Important Note on Dialing Codes: > Brazil's country code is `+55`. Shorter emergency numbers (such as `190`, `192`, or `188`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Brazil. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Military Police (Polícia Militar):** `190` *(This is the primary emergency number for immediate physical danger and crime reporting)*
- **Ambulance / Public Medical Care (SAMU):** `192`
- **Fire Department (Corpo de Bombeiros):** `193` *(Dispatched for fires, rescues, drownings, and severe accidents)*
- **Civil Defense (Defesa Civil):** `199` *(For natural disasters, flooding, and landslides)*
- **Mobile Phones:** Dialing `112` or `911` from a mobile phone in Brazil will generally redirect automatically to the `190` police dispatch.

Suicide Prevention & Mental Health Crises

- **CVV (Centro de Valorização da Vida):** `188` *(A free, 24/7 national hotline offering emotional support and suicide prevention. It is completely confidential).*
- **Digital Options:** CVV also provides help via web chat and email at cvv.org.br for those who cannot or prefer not to call.
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies, dial `192` for an ambulance.

Domestic Violence & Abuse

- **Central de Atendimento à Mulher:** `180` *(A free, 24/7 national hotline specifically for reporting violence against women, receiving advice on legal rights, and getting referrals to local services and shelters).*
- **Disque Direitos Humanos (Human Rights Hotline):** `100` *(Used to report human rights violations and abuse, particularly against children, the elderly, people with disabilities, and the LGBTQIA+ community).*
- **Emergency Response:** If abuse is currently taking place and there is an immediate threat to life, dial the Police at `190`.

Addiction & Substance Abuse Help

- *Brazil does not have a centralized three-digit public hotline exclusively for addiction. Free treatment and rehabilitation are managed through the unified public health system (SUS).*
- **CAPS ad (Centros de Atenção Psicossocial Álcool e Drogas):** These are regional public clinics specializing in psychosocial care for alcohol and drug addiction. Individuals seeking help are encouraged to visit their local municipal CAPS ad for free outpatient treatment, psychological support, and medical care.
- **Disque Saúde (General Health Info):** 136 *(A toll-free health hotline that can help individuals locate their nearest CAPS or SUS health facility).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 192 (SAMU Ambulance) immediately.

Brunei 🇧🇳

> **Important Note on Dialing Codes:** > Brunei's country code is +673. Shorter emergency numbers (such as 991, 993, or 145) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Brunei. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** 993
- **Ambulance / Medical Emergencies:** 991
- **Fire and Rescue:** 995
- **Search and Rescue:** 998

Suicide Prevention & Mental Health Crises

- **Talian Harapan (Hope Line):** 145 *(The national mental health helpline operated by the Ministry of Health, providing free and confidential crisis support and suicide prevention).*
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies, dial 991 for an ambulance.

Domestic Violence & Abuse

- **Talian Kebajikan (National Welfare Helpline):** 141 *(A 24-hour hotline operated by the Community Development Department to handle reports involving women, family problems, domestic abuse, and exploitation).*
- **Talian ANAK (Child Helpline):** 121 *(A 24/7 dedicated helpline to report child abuse, neglect, bullying, or to seek counseling and guidance for children and youth).*

Addiction & Substance Abuse Help

- *Brunei does not operate a dedicated, centralized three-digit public hotline exclusively for addiction. Substance abuse treatment and rehabilitation are strictly managed through the Ministry of Health and the Narcotics Control Bureau (NCB).*
- **First Point of Contact:** Individuals seeking psychological support and guidance for substance abuse issues can call the Talian Harapan mental health line at 145 for confidential advice and information on accessing clinical psychology services.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 991 (Ambulance) immediately.

Bulgaria 🇧🇬

Important Note on Dialing Codes: > Bulgaria's country code is `+359`. Shorter emergency numbers (such as `112`, `150`, or `166`) and toll-free numbers (like those starting with `0800`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Bulgaria. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency:** `112` *(Works on all mobile phones and can connect you to English or French-speaking operators; this is the primary number to use for all emergencies in Bulgaria)*
- **Ambulance / Medical Emergencies:** `150`
- **Fire Brigade:** `160`
- **Police:** `166`
- **Road Police (KAT):** `165`
- **Mountain Rescue Service:** `02 963 2000` *(Or dial `14 70` if using the MTel mobile network)*

Suicide Prevention & Mental Health Crises

- **Red Cross Bulgaria Helpline:** `0800 114 66` *(Provides psychological and psychosocial support)*
- **National Child Helpline:** `116 111` *(A 24/7 hotline providing psychological support and crisis intervention for children, youth, and their caregivers)*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or immediate suicide risk, dial the general emergency line at `112`.

Domestic Violence & Abuse

- **National Hotline for Victims of Violence (Animus Association):** `0800 1 8676` or `02 981 76 86` *(A 24/7 toll-free helpline providing crisis intervention, psychological support, and referrals for victims of domestic violence and human trafficking)*
- **Alliance for Protection Against Gender-Based Violence:** `0800 11 977`
- **Demetra Foundation Hotline:** `0700 40 150` *(Provides psychological counseling and support for victims of domestic violence)*

Addiction & Substance Abuse Help

- **National Drugs, Alcohol and Gambling Helpline (NDAGH / Solidarnost):** `0888 99 18 66` *(Provides anonymous, objective information, counseling, and referrals regarding substance abuse and problem gambling)*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `112` or `150` (Ambulance) immediately.

Burkina Faso 🇧🇫

> **Important Note on Dialing Codes:** > Burkina Faso's country code is `+226`. Shorter emergency numbers (such as `17`, `18`, or `1010`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Burkina Faso. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **National Emergency / Ministry of Security:** `10-10` *(This acts as a centralized national dispatch that can route you to the appropriate law enforcement or emergency entity)*
- **Police (Police Nationale):** `17`
- **Fire Brigade & Ambulance (Sapeurs-Pompiers):** `18` *(In Burkina Faso, the fire department is the primary responder for medical emergencies and ambulance dispatches)*
- **Military Police (Gendarmerie):** `16` *(Primarily responds to incidents outside of major urban centers)*
- **Mobile Phones:** Dialing `112` from a mobile phone generally redirects to the local dispatch.

Suicide Prevention & Mental Health Crises

- *Burkina Faso does not currently operate a single, centralized three-digit national suicide hotline. Emergency mental health crises are primarily routed through general medical services.*
- **Primary Emergency Response:** For immediate, life-threatening psychiatric emergencies or suicide risk, dial the Fire/Ambulance dispatch at `18`.
- **Public Hospitals:** Acute psychiatric care is managed at regional hospital centers (CHR) or university hospitals (CHU), such as the CHU Yalgado Ouédraogo in Ouagadougou.

Domestic Violence & Abuse

- *While Burkina Faso does not have a single overarching three-digit domestic violence hotline, several localized and NGO-based resources provide critical support.*
- **Emergency Police Intervention:** If there is an immediate threat to life, individuals should dial the Police at `17` or the National Dispatch at `10-10`.
- **Association of Women Jurists of Burkina Faso (AFJ/BF):** Operates regional legal clinics and provides support, legal orientation, and counseling for women and girls experiencing gender-based and domestic violence.

- **Action Sociale (Ministry of Women, National Solidarity and Family):** Local provincial and regional offices serve as the primary government points of contact for reporting abuse and seeking safe harbor.

Addiction & Substance Abuse Help

- *Burkina Faso does not have a centralized, public three-digit hotline specifically for addiction. Substance abuse treatment is handled through the public health system and supported by organizations like the UNODC (United Nations Office on Drugs and Crime).*
- **First Point of Contact:** Individuals seeking help for substance abuse issues are typically encouraged to visit a local public health clinic (CSPS) or a major hospital for an assessment, psychological support, and referral to psychiatric departments.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 18 (Ambulance/Fire) immediately.

Burundi 🇧🇮

Important Note on Dialing Codes: > Burundi's country code is +257. Shorter emergency numbers (such as 112, 117, or 118) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Burundi. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Ambulance / Medical Emergencies:** 112 *(This number also acts as a general emergency dispatch from mobile phones)*
- **Police:** 117
- **Fire Brigade:** 118
- **Red Cross Burundi:** 109 *(For disaster relief and emergency assistance)*

Suicide Prevention & Mental Health Crises

- **Human Health Aid (HHA) Burundi:** +257 72 00 51 54 *(An NGO running a 24/7 helpline offering free narrative therapy, counseling, and psychological support for individuals in distress or experiencing suicidal thoughts)*
- **Centre Neuro-Psychiatrique Kamenge (CNPK):** For acute, life-threatening psychiatric emergencies, care is managed through specialized psychiatric hospitals like the CNPK in Bujumbura. Dial 112 for emergency medical transport if life is at immediate risk.

Domestic Violence & Abuse

- **Yaga Ndakumva (National Child Helpline):** 116 *(A toll-free helpline providing direct intervention, counseling, and referrals for children experiencing violence or abuse)*
- **SOS Femmes en Détresse (SOS FED):** +257 61 25 90 51 or +257 69 21 74 96 *(Provides 24/7 free and confidential support, counseling, and shelter referrals for victims of domestic abuse and gender-based violence)*
- **SACODÉ (Association for the Health of Communities for Development):** +257 22 27 90 25 *(An organization providing support and resources for women facing domestic and sexual violence)*
- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should dial the Police at 117.

Addiction & Substance Abuse Help

- *Burundi does not have a centralized, public three-digit hotline specifically for addiction. Treatment is generally handled through the public health system and specialized psychiatric centers.*
- **First Point of Contact:** Individuals seeking psychological support and guidance for substance abuse issues can contact the HHA Burundi helpline at `+257 72 00 51 54` for confidential counseling and potential referrals.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `112` (Ambulance) immediately.

Cabo Verde (Cape Verde) 🇨🇻

> **Important Note on Dialing Codes:** > Cabo Verde's country code is `+238`. Shorter emergency numbers (such as `130`, `131`, or `132`) and toll-free numbers (like `800 18 18`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Cabo Verde. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police (Polícia Nacional):** `132`
- **Fire Brigade (Bombeiros):** `131`
- **Ambulance / Medical Emergencies:** `130`
- **Civil Protection Services:** `261 41 54` *(For natural disasters and broader emergencies)*

Suicide Prevention & Mental Health Crises

- *Cabo Verde does not currently have a dedicated, single three-digit national suicide hotline. Acute mental health crises and suicidal emergencies are managed through the public health system.*
- **Primary Emergency Response:** For immediate, life-threatening psychiatric emergencies, dial the Ambulance line at `130` or the Police at `132`.
- **Public Health Facilities:** For non-life-threatening psychological support, individuals are advised to visit the psychiatric or emergency departments of regional hospitals, such as the Agostinho Neto Hospital in Praia.

Domestic Violence & Abuse

- **Linha VBG (Gender-Based Violence Hotline):** `800 18 18` *(A free, national emergency hotline operated by the Cabo Verdean Institute for Gender Equality and Equity—ICIEG—to provide immediate support, guidance, and rescue for victims of domestic abuse).*
- **VerdeFam (Cabo Verdean Association for Family Protection):** `+238 261 2042` or `+238 261 2063` *(Provides emotional support, counseling, and health information specifically for survivors of sexual violence and domestic abuse).*
- **Cabo Verdean Association for the Fight Against Gender-Based Violence (ACLCVBG):** Works locally to provide counseling and support for victims navigating the legal and social systems.

Addiction & Substance Abuse Help

- **CCAD (Comissão de Coordenação do Álcool e Outras Drogas):** *(The national coordinating committee for alcohol and other drugs. They serve as the primary resource center for information on drug and alcohol addiction, treatment, and recovery).* * **First Point of Contact:** Treatment and rehabilitation are integrated into the public healthcare system. Individuals are encouraged to visit local health centers or hospitals where medical professionals can provide referrals to specialized addiction counselors.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `130` (Ambulance) immediately.

Cambodia 🇰🇭

> **Important Note on Dialing Codes:** > Cambodia's country code is `+855`. Shorter emergency numbers (such as `117`, `118`, or `119`) and specialized four-digit hotlines (like `1280` or `1293`) are local numbers meant to be dialed exactly as they appear when you are physically located inside Cambodia. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** `117`
- **Fire Department:** `118`
- **Ambulance / Medical Emergencies:** `119`
- **Tourist Police:** `+855 (0)12 942 484` *(A dedicated line with English-speaking officers to assist foreigners and tourists in distress)*

Suicide Prevention & Mental Health Crises

- **TPO Cambodia Crisis Hotline:** `1293` *(Operated by the Transcultural Psychosocial Organization, this is the primary 24/7 national hotline offering free, confidential support for individuals in emotional distress or experiencing suicidal thoughts)*
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies, dial `119` for an ambulance or `117` for police assistance.

Domestic Violence & Abuse

- **Anti-Human Trafficking and Gender-Based Violence Hotline:** `1288` *(A national police hotline set up to assist victims of domestic violence, intimate partner violence, and human trafficking)*
- **Child Helpline Cambodia (CHC):** `1280` *(A free, 24/7 national helpline providing confidential counseling, information, and rescue referrals for children and youth experiencing abuse or violence)*

Addiction & Substance Abuse Help

- *Cambodia does not operate a centralized, public three-digit hotline specifically for addiction. Treatment and rehabilitation are generally managed through local hospitals and specialized NGOs.*
- **First Point of Contact:** Individuals seeking support for substance abuse can contact the TPO Cambodia hotline at `1293` for psychological counseling and guidance on finding local rehabilitation services. Several NGOs, such as DARAC (Drug Addict Relief

Association of Cambodia) or Mith Samlanh, provide localized drop-in support and rehabilitation.

- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 119 (Ambulance) immediately.

Cameroon 🇨🇲

> **Important Note on Dialing Codes:** > Cameroon's country code is +237. Shorter emergency numbers (such as 117, 118, or 119) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Cameroon. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police (Police Secours):** 117 *(For general police assistance and emergency response)*
- **Fire Department (Sapeurs-Pompiers):** 118
- **Ambulance / Medical Emergencies (SAMU):** 119 *(Note: Public ambulance response can be inconsistent; in severe emergencies, it is often recommended to arrange transport directly to the nearest hospital or clinic).*
- **Gendarmerie (Rural Police):** 113 *(Often active in rural areas and at checkpoints outside major cities)*
- **Mobile Phones:** 112 *(Standard international emergency number that routes to local dispatch)*

Suicide Prevention & Mental Health Crises

- *Cameroon does not currently operate a single, centralized three-digit national suicide hotline. Emergency mental health crises are supported heavily by NGOs.*
- **Primary Crisis Hotline (NGO Managed):** +237 242 136 136 *(Offers support for individuals experiencing mental health crises).*
- **Mental Health Awareness Cameroon:** +237 6 79 11 78 89 *(Provides counseling, guidance, and mental health support).*
- **PsyCare and Counselling Cameroon:** +237 6 77 78 64 98 *(Offers telephone counseling and psychological support).*

Domestic Violence & Abuse

- *Domestic violence resources in Cameroon are largely driven by non-governmental organizations and women's rights advocates, as there is no state-sponsored 3-digit hotline specifically for domestic abuse.*
- **Beacon of Light Association (BeLA):** +237 6 77 93 91 77 *(An NGO dedicated to promoting and protecting the rights of women and youth, offering support and rescue resources for survivors of domestic and sexual violence).*
- **FIDA Cameroon (International Federation of Women Lawyers):** +237 233 33 15 50 or +237 2333 25 17 *(Provides legal counsel and advocacy for women and girls facing violence and discrimination).*

- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should dial the Police at 117.

Addiction & Substance Abuse Help

- *Treatment and rehabilitation in Cameroon are managed through public hospitals and specialized local NGOs rather than a centralized hotline.*
- **Living Vine Mental Health Clinic:** +237 6 77 93 12 32 *(Provides telephone counseling and clinical rehabilitation treatment for substance abuse and mental illnesses).*
- **Be The Exception Counseling Foundation:** An NGO providing substance use and mental health counseling. While they operate locally (primarily in the South West region, like Limbe), they provide evaluations and psychosocial counseling.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 119 (Ambulance) or arrange immediate transport to the nearest hospital.

Canada 🇨🇦

Important Note on Dialing Codes: > Canada is part of the North American Numbering Plan (NANP). Shorter emergency and service numbers (like `911`, `988`, or `211`) are meant to be dialed exactly as they appear when you are physically located inside the country. If you are calling a local 10-digit number from outside Canada, you must dial `+1` followed by the area code and number. Callers from the US and the Caribbean can simply dial `1` and the 10-digit number, just like an out-of-state call.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance):** `911` *(Available nationwide in almost all areas; in remote communities without 911, callers must dial their local RCMP or health center)*
- **Community and Social Services:** `211` *(A free, 24/7 confidential service that connects individuals to local community, social, health, and government services across the country)*
- **Non-Urgent Health Advice:** `811` *(Connects callers to registered nurses and health professionals for non-urgent medical advice and navigation in most provinces)*

Suicide Prevention & Mental Health Crises

- **Suicide Crisis Helpline:** `988` *(24/7 national toll-free hotline offering support via phone or text for anyone thinking about suicide or worried about someone they know)*
- **Kids Help Phone:** `1-800-668-6868` *(24/7 national support service for children, teens, and young adults)*
    - **Text option:** Text `CONNECT` to `686868`
- **Hope for Wellness Helpline:** `1-855-242-3310` *(24/7 crisis intervention and counseling for Indigenous peoples across Canada)*

Domestic Violence & Abuse

- *Canada does not have a single, centralized three-digit national hotline exclusively for domestic violence. Response is managed provincially.*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `911`.
- **National Hub for Shelters (ShelterSafe):** sheltersafe.ca *(A highly reliable, clickable map and directory connecting women and their children with the nearest shelter and 24/7 local crisis lines for safety and support).*
- **System Navigation:** Dialing `211` is one of the most effective ways for individuals in Canada to be immediately routed to the domestic violence support line specific to their province or territory.

Addiction & Substance Abuse Help

- *Addiction treatment in Canada is publicly funded but managed by individual provinces. Accessing treatment usually begins with local health authorities.*
- **System Navigation & Referrals:** Dialing 211 or 811 will connect callers to their specific provincial mental health and addictions intake lines.
- **National Overdose Response Service (NORS):** 1-888-688-NORS (6677) *(A confidential, 24/7 national hotline providing virtual supervision for people using drugs alone to help prevent fatal overdoses).*
- **Drug Rehab Services Canada:** 1-877-254-3348 *(A free, confidential service that provides referrals and information on drug and alcohol addiction resources across Canada).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 911 immediately. Good Samaritan laws in Canada offer some legal protection for people seeking emergency help during an overdose.

Central African Republic 🇨🇫

Important Note on Dialing Codes and Infrastructure: > The Central African Republic's country code is `+236`. Shorter emergency numbers (such as `117`, `118`, or `1220`) are local emergency numbers meant to be dialed exactly as they appear when physically inside the country. **Crucial Safety Note:** State-operated emergency numbers are often unreliable, and public emergency services are unlikely to respond outside of the capital, Bangui. In rural areas or provinces, individuals often must seek direct help from local NGOs, the Red Cross, or UN peacekeeping bases (MINUSCA).

General Emergency Numbers

- **Police (Police Secours):** `117` *(This is the primary emergency number and can sometimes dispatch medical help as well)*
- **Fire Brigade (Sapeurs-Pompiers):** `118`
- **Ambulance / Medical Emergencies:** `1220`
- **Military Police (Gendarmerie):** `2161 2200` *(Often the primary security contact outside of the immediate city center)*

Suicide Prevention & Mental Health Crises

- *The Central African Republic does not have a formal, state-operated national suicide hotline. The healthcare system is severely underfunded, and mental health crises are primarily managed by international humanitarian organizations.*
- **Primary Emergency Response:** Individuals in acute psychiatric distress are generally taken directly to hospitals or clinics operated by NGOs such as Médecins Sans Frontières (MSF / Doctors Without Borders) or the International Committee of the Red Cross (ICRC), which run trauma and mental health programs.

Domestic Violence & Abuse

- *Gender-based and domestic violence is a severe crisis in the CAR, but there is no centralized, three-digit state hotline. Response relies heavily on international organizations and local women's associations.*
- **NENGO Project (Amitié Sino-Centrafricaine Teaching Hospital):** Located in Bangui, this hospital provides a dedicated "safe house" and comprehensive medical, psychological, and legal care for victims of sexual and gender-based violence.
- **Oxfam & Local Women's Organizations:** In provinces like Bria, organizations operate "Women's Homes" (Maisons des Femmes) which serve as physical safe spaces and support centers for survivors of domestic abuse.
- **Emergency Intervention:** If there is an immediate threat to life, individuals should attempt to contact the Police at `117` or seek refuge at an NGO/UN compound.

Addiction & Substance Abuse Help

- *There is no centralized, public hotline specifically for addiction. Substance abuse—often intertwined with the trauma of ongoing conflict—is treated through general psychiatric and medical interventions.*
- **First Point of Contact:** Individuals seeking help for substance abuse issues must generally visit local health clinics or specialized NGO-run trauma centers for assessment and psychological support.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, attempt to dial `1220` (Ambulance) or `117`, or transport the individual directly to the nearest hospital or MSF clinic.

Chad 🇹🇩

Important Note on Dialing Codes: > Chad's country code is +235. Shorter emergency numbers (such as 17 or 18) and local 8-digit landline numbers (like 2251-4242) are meant to be dialed exactly as they appear when you are physically located inside the country. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** 17
- **Fire Brigade (Sapeurs-Pompiers):** 18
- **Ambulance (N'Djamena):** 2251-4242 or 2251-1237 *(Ambulance services are primarily centralized in the capital; in rural areas, emergency transport must usually be arranged privately).*
- **Mobile Phones:** Dialing 112 from a mobile phone will often redirect to the local police or emergency dispatch.

Suicide Prevention & Mental Health Crises

- *Chad does not currently have a dedicated, national three-digit suicide hotline. Mental health and psychiatric care are extremely limited and primarily centralized in the capital.*
- **Primary Emergency Response:** Individuals in acute psychiatric distress are generally taken directly to the psychiatric ward at the **Hôpital Général de Référence Nationale** (General National Reference Hospital) in N'Djamena.
- **NGO Support:** International organizations like Médecins Sans Frontières (MSF) occasionally offer trauma counseling in refugee camps and conflict-affected regions.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse. Response relies on local police intervention and non-governmental organizations.*
- **Emergency Police Intervention:** If there is an immediate threat to life, individuals should dial the Police at 17.
- **Association of Women Jurists of Chad (AFJT):** This is one of the primary local organizations providing legal assistance, advocacy, and counseling for women experiencing domestic violence and gender-based violence.
- **UNFPA & UNICEF Support Centers:** In various provinces, United Nations agencies partner with local social centers to provide safe spaces and medical/psychosocial support for survivors of gender-based violence.

Addiction & Substance Abuse Help

- *Chad does not operate a public hotline exclusively for addiction. Substance abuse is treated through the general public health system.*
- **First Point of Contact:** Individuals seeking help for substance abuse must generally visit the General National Reference Hospital or local health clinics for medical assessment and potential psychiatric referral.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, attempt to dial `2251-4242` (Ambulance in the capital) or `17`, or transport the individual directly to the nearest hospital or clinic.

Chile 🇨🇱

Important Note on Dialing Codes: > Chile's country code is +56. Shorter emergency numbers (such as 131, 132, or 133) and specialized four-digit hotlines (like 1412 or 1455) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Chile. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police (Carabineros):** 133 *(This is the primary emergency response for immediate physical danger and crime)*
- **Ambulance / Medical Emergencies (SAMU):** 131
- **Fire Department (Bomberos):** 132 *(Also responds to rescues and severe traffic accidents)*
- **Investigations Police (PDI):** 134 *(Equivalent to detectives/FBI; for reporting ongoing investigations, fraud, or serious crimes)*
- **Andean Rescue Corps (Cuerpo de Socorro Andino):** 136 *(For mountain search and rescue)*

Suicide Prevention & Mental Health Crises

- *Línea de Prevención del Suicidio (4141): *4141 (A free, 24/7 national suicide prevention hotline launched by the Ministry of Health, "No Estás Solo" connects callers with specially trained psychologists).
- **Salud Responde:** `600 360 77 77` *(A national 24/7 medical hotline where you can speak to health professionals for general medical and mental health orientation).*
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial 131 for an ambulance.

Domestic Violence & Abuse

- **SernamEG Hotline (Fono de Orientación y Ayuda):** 1455 *(A free, 24/7 national hotline operated by the Ministry of Women and Gender Equity offering confidential guidance, psychological support, and legal information for victims of violence against women).*
    - **WhatsApp Option:** `+56 9 9700 7000` *(A discreet messaging alternative for victims unable to make voice calls).*
- **Carabineros Family Force (Fono Familia):** 149 *(A specialized police hotline dedicated to responding to ongoing domestic violence, child abuse, and intrafamilial violence).*

Addiction & Substance Abuse Help

- **SENDA (Fono Drogas y Alcohol):** 1412 *(A free, confidential, 24/7 national hotline run by the National Service for the Prevention and Rehabilitation of Drug and Alcohol Consumption. They offer psychological support, crisis intervention, and guidance on finding local rehabilitation centers).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 131 (SAMU Ambulance) immediately.

China 🇨🇳

> **Important Note on Dialing Codes:** > China's country code is `+86`. Shorter emergency numbers (such as `110`, `119`, or `120`) and specialized service numbers (like those starting with `400` or `123`) are meant to be dialed exactly as they appear when you are physically located inside mainland China. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** `110` *(This is the primary nationwide emergency number; dispatchers can often coordinate with other emergency services if needed)*
- **Ambulance / Medical Emergencies:** `120`
- **Fire Brigade:** `119`
- **Traffic Police:** `122` *(A dedicated national line for reporting traffic accidents and road emergencies)*
- **Search and Rescue (Maritime):** `12395`

Suicide Prevention & Mental Health Crises

- **Hope 24 (Hope Line):** `400-161-9995` *(A 24/7 non-governmental national crisis intervention and suicide prevention hotline providing strong psychological support)*
- **Lifeline China:** `400-821-1215` *(Provides free, confidential mental health support and crisis intervention in English, making it a vital resource for expats and international students)*
- **National Public Health Hotline:** `12320` *(Offers general mental health guidance and medical consultation, primarily during standard office hours)*
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies, dial `120` for an ambulance.

Domestic Violence & Abuse

- **Women's Federation Hotline:** `12338` *(A nationwide hotline established by the All-China Women's Federation to protect women's and children's rights. It offers professional legal assistance, psychological counseling, and resources for victims of domestic violence).*
- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should dial the Police at `110`.

Addiction & Substance Abuse Help

- *China does not operate a single, centralized public helpline exclusively for addiction. Substance abuse treatment and rehabilitation are strictly managed through state-run public health and public security systems.*
- **First Point of Contact:** Individuals seeking voluntary treatment or medical guidance for substance use can contact the National Public Health Hotline at `12320` or seek assessment at major specialized public hospitals, such as the Beijing or Shanghai Mental Health Centers.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `120` (Ambulance) immediately.

Colombia 🇨🇴

Important Note on Dialing Codes: > Colombia's country code is `+57`. Shorter emergency numbers (such as `123`, `119`, or `155`) and toll-free numbers (like those starting with `01 8000`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Colombia. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **National Emergency (Police, Fire, Ambulance):** `123` *(This is the unified national emergency dispatch number available from all mobile and landline phones)*
- **Police (Direct):** `112`
- **Fire Department (Bomberos):** `119`
- **Ambulance / Medical Emergencies:** `125` *(Or simply dial* `123` *for centralized dispatch)*
- **Civil Defense (Defensa Civil):** `144` *(For natural disasters, search, and rescue operations)*

Suicide Prevention & Mental Health Crises

- **Línea 106 ("El poder de ser escuchado"):** `106` *(A free, 24/7 psychological support and crisis intervention helpline available in Bogotá and several other major departments, operated by local health secretariats)*
    - **WhatsApp Support:** `+57 300 754 8933` *(A chat-based option for the Línea 106 psychological support service)*
- **Ministerio de Salud (Ministry of Health):** `192` *(Dial 192 and select **Option 4** for the national mental health tele-support line)*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `123` for immediate emergency response.

Domestic Violence & Abuse

- **Línea 155 (Orientation for Women Victims of Violence):** `155` *(A free, 24/7 national hotline operated by the Presidential Council for Women and the National Police. It offers confidential legal, medical, and psychological guidance for victims of gender-based violence).*
- **Fiscalía General (Prosecutor's Office):** `122` *(To formally report crimes, including domestic abuse and intimate partner violence, directly to authorities).*
- **ICBF Child Protection Hotline:** `141` *(A 24/7 national toll-free line operated by the Colombian Family Welfare Institute to report child abuse, neglect, exploitation, or to seek urgent intervention for minors).*

Addiction & Substance Abuse Help

- **Línea Psicoactiva:** 01 8000 112 439 *(A free hotline providing confidential counseling, information, and brief interventions for individuals struggling with psychoactive substance use).*
    - **WhatsApp Option:** +57 301 276 1197
- **First Point of Contact (EPS):** For long-term treatment, individuals in Colombia generally must process referrals through their affiliated public or private health insurance provider (EPS) to access specialized rehabilitation centers and psychiatric care.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 123 (National Emergency) immediately for an ambulance.

Comoros 🇰🇲

> **Important Note on Dialing Codes:** > Comoros' country code is `+269`. Shorter emergency numbers (such as `17`, `18`, or `111`) and local 7-digit landline numbers (like `772 03 73`) are meant to be dialed exactly as they appear when you are physically located inside the country. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General Emergency Dispatch:** `111`
- **Police / Gendarmerie:** `17`
- **Fire Brigade:** `18`
- **Ambulance / Medical Emergencies:** `772 03 73` or `773 26 04` *(Note: Public ambulance response is largely centralized in the capital, Moroni. In some francophone areas, dialing `15` may also connect to medical dispatch).*
- **Mobile Phones:** Dialing `112` from a mobile phone will generally redirect to the local police or emergency dispatch.

Suicide Prevention & Mental Health Crises

- *Comoros does not currently operate a dedicated, national three-digit suicide hotline. Mental health resources are extremely limited and managed through the general public health system.*
- **Primary Emergency Response:** Individuals in acute psychiatric distress or those experiencing a suicidal crisis are generally taken directly to the emergency department of the main national hospital, **El-Maarouf National Hospital**, located in Moroni.
- For immediate physical danger, dial the general medical numbers at `772 03 73` or the Police at `17`.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse in Comoros. Response relies heavily on law enforcement and local health clinics.*
- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should dial the Police at `17` or the Gendarmerie at `18`.
- **NGO and Community Support:** Support for survivors of gender-based violence is generally facilitated through local women's associations and community health centers, which provide basic medical and psychosocial support on a case-by-case basis.

Addiction & Substance Abuse Help

- *Comoros does not operate a public hotline exclusively for addiction. Substance abuse is treated through the general medical infrastructure.*
- **First Point of Contact:** Individuals seeking help for substance abuse must visit a local health clinic or the El-Maarouf National Hospital for a medical assessment and general psychological support.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `772 03 73` (Ambulance) or transport the individual directly to the nearest hospital.

Republic of the Congo (Congo-Brazzaville) 🇨🇬

> **Important Note on Dialing Codes and Infrastructure:** > The Republic of the Congo's country code is +242. Shorter emergency numbers (such as 117 or 118) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside the country. **Crucial Safety Note:** State-operated emergency response can be slow or unreliable. Public ambulance systems are virtually non-existent, and citizens/expats often must rely on private medical transport or direct transport to clinics.

General Emergency Numbers

- **Police (Police Secours):** 117
- **Fire Brigade (Sapeurs-Pompiers):** 118
- **Ambulance / Medical Emergencies:** There is no reliable, centralized three-digit ambulance dispatch. In Brazzaville, private ambulance services or major clinics can sometimes be reached at 193 or 194, but individuals usually must arrange private transport directly to the nearest hospital (such as the CHU de Brazzaville).
- **Child Health Emergency (UNICEF/Ministry of Health):** 115 *(A dedicated line providing free triage information and guidance to parents regarding emergency infant and child health conditions).*

Suicide Prevention & Mental Health Crises

- *The Republic of the Congo does not have a dedicated, national three-digit suicide hotline. Mental health resources are extremely limited.*
- **Primary Emergency Response:** Individuals in acute psychiatric distress are generally taken directly to the psychiatric ward at major hospitals, such as the University Hospital Center (CHU) of Brazzaville.
- **NGO Support:** Various international NGOs (like the Red Cross) provide basic psychosocial support, primarily aimed at refugees or individuals affected by regional trauma.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse. Response relies heavily on local law enforcement and NGOs.*
- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should attempt to dial the Police at 117.
- **Azur Développement:** This is one of the primary local NGOs operating in Brazzaville and Pointe-Noire that provides a "guichet unique" (one-stop center) offering psychological, legal, and medical assistance for women and children who are survivors of domestic and gender-based violence.

- **Ministry of Women's Affairs:** Operates local social centers that can occasionally provide safe haven or mediation for family disputes.

Addiction & Substance Abuse Help

- *There is no public hotline exclusively for addiction in the Republic of the Congo. Treatment is managed through the general psychiatric and public health systems.*
- **First Point of Contact:** Individuals seeking help for substance abuse issues must visit local health clinics or the CHU in Brazzaville for a medical assessment and psychological support.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, arrange immediate private transport to the nearest hospital, as relying on an ambulance dispatch could result in fatal delays.

Democratic Republic of the Congo (DRC) 🇨🇩

> **Important Note on Dialing Codes and Infrastructure:** > The Democratic Republic of the Congo's country code is +243. Shorter emergency numbers (such as 112 or 118) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside the country. **Crucial Safety Note:** State-operated emergency infrastructure is heavily fragmented and highly unreliable. A centralized public ambulance dispatch does not exist. Residents and travelers typically rely on private medical transport, direct hospital contacts, or international NGOs (like the Red Cross or UN agencies) for emergency response.

General Emergency Numbers

- **Police:** 112 *(Note: Response times can be highly variable depending on the region and the current security climate)*
- **Fire Brigade:** 118 *(Primarily functional only in major cities like Kinshasa)*
- **Ambulance / Medical Emergencies:** There is no national three-digit ambulance number. Individuals must contact local hospitals directly or utilize private ambulance services if they are available in major urban centers.
- **MONUSCO (UN Peacekeeping):** In conflict-affected eastern regions, local populations and aid workers often have to rely on regional UN compound contacts for severe security emergencies.

Suicide Prevention & Mental Health Crises

- *The DRC does not have a dedicated, national three-digit suicide hotline. Mental health infrastructure is extremely limited and primarily supported by international organizations.*
- **Primary Emergency Response:** Individuals in acute psychiatric distress are generally taken directly to specialized psychiatric facilities, such as the **Centre Neuro-Psycho-Pathologique (CNPP)** located in Kinshasa.
- **NGO Support:** Organizations like Médecins Sans Frontières (MSF / Doctors Without Borders) provide critical trauma and psychological support, particularly in regions heavily affected by conflict.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse in the DRC. Response relies heavily on specialized hospitals and international NGOs.*
- **Panzi Hospital (Bukavu):** An internationally renowned hospital and foundation in the South Kivu province that specializes in holistic care, medical treatment, safe haven, and psychological support for survivors of sexual and gender-based violence.

- **UNFPA & Local Safe Spaces:** The United Nations Population Fund operates various "One Stop Centers" across the country, providing integrated medical, psychosocial, and legal support for survivors of gender-based violence.
- **Emergency Intervention:** If there is an immediate threat to life, individuals should attempt to contact the Police at 112 or seek refuge at an NGO/UN facility.

Addiction & Substance Abuse Help

- *There is no public hotline exclusively for addiction in the DRC. Treatment is managed through the limited psychiatric and public health systems.*
- **First Point of Contact:** Individuals seeking help for substance abuse issues must visit local health clinics or the CNPP in Kinshasa for a medical assessment and general psychological support.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, arrange immediate private transport to the nearest hospital, as relying on an ambulance dispatch is not an option in most areas.

Costa Rica 🇨🇷

Important Note on Dialing Codes: > Costa Rica's country code is `+506`. Shorter emergency numbers (such as `911`, `117`, or `118`) and toll-free numbers (like those starting with `800`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Costa Rica. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **National Emergency (Police, Fire, Ambulance):** `911` *(This is the unified, primary emergency dispatch number available from all phones)*
- **Police (Fuerza Pública):** `117` *(Direct line, though `911` is heavily preferred)*
- **Ambulance (Cruz Roja / Red Cross):** `128` *(Direct line, though `911` is heavily preferred)*
- **Fire Department (Bomberos):** `118` *(Direct line, though `911` is heavily preferred)*
- **Judicial Investigation Department (OIJ):** `800 8000 645` *(To confidentially report crimes, drug trafficking, or ongoing investigations)*

Suicide Prevention & Mental Health Crises

- **Línea Aquí Estoy (Here I Am Line):** `800 273 7869` *(A free support service for suicide prevention and psychological emergencies provided by the College of Professionals in Psychology)*
- **911 Psychological Support:** Dial `911` and explicitly request psychological support (apoyo psicológico). The dispatch center has trained psychologists on staff to handle acute mental health and suicidal crises.
- **Ministry of Health Support:** `131` *(Dial and select the option for your local area to request psychological support and orientation)*

Domestic Violence & Abuse

- **INAMU (National Institute for Women) via 911:** `911` *(Gender-violence calls made to 911 are immediately transferred to a 24-hour specialized INAMU emergency line run by women trained in domestic violence intervention and rescue)*
- **Delegación de la Mujer (Women's Delegation):** `2527 3761` *(For legal advice, psychological support, and orientation regarding domestic violence when not in immediate life-threatening danger)*
- **PANI (National Children's Board) Helpline:** `1147` *(A dedicated support and reporting line for children and youth experiencing abuse or neglect)*
- **WEM Institute (Men's Helpline):** `2234 2730` *(A specialized support line for men, offering psychological help and anger management/violence prevention)*

Addiction & Substance Abuse Help

- **IAFA Hotline (Institute on Alcoholism and Drug Dependency):** `800 IAFA 800` (`800 423 2800`) *(A government-operated toll-free helpline providing crisis intervention, general information about drugs/alcohol, and referrals to local rehabilitation and treatment centers)*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `911` (Cruz Roja Ambulance) immediately.

Croatia 🇭🇷

Important Note on Dialing Codes: > Croatia's country code is `+385`. Shorter emergency numbers (such as `112`, `192`, or `194`) and specialized toll-free numbers (like those starting with `0800` or the European `116` prefixes) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Croatia. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency:** `112` *(This unified number connects you to police, fire, or medical dispatch, and operators typically speak English)*
- **Police (Policija):** `192`
- **Ambulance / Emergency Medical Help (Hitna pomoć):** `194`
- **Fire Brigade (Vatrogasci):** `193`
- **Search and Rescue at Sea:** `195`
- **Road Assistance (HAK):** `1987`

Suicide Prevention & Mental Health Crises

- **Plavi Telefon (Blue Telephone):** `116 123` *(A free, confidential 24/7 national hotline providing emotional support and crisis intervention for individuals in distress)*
- **Centar za Krizna Stanja (Crisis Center Zagreb):** `01 2376 335` *(Located at the University Hospital Centre Zagreb, providing specialized psychological support and emergency psychiatric intervention)*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `112` or `194` for an ambulance.

Domestic Violence & Abuse

- **National Call Center for Victims of Crime:** `116 006` *(A free, anonymous, 24/7 hotline providing emotional support, legal information, and practical referrals for victims of domestic violence and other crimes)*
- **Women's Help Now (Ženska pomoć sada):** `0800 655 222` *(A toll-free SOS line specifically dedicated to assisting women and children who are victims of violence)*
- **Hrabri Telefon (Brave Phone for Children):** `116 111` *(A dedicated, free line for children and youth experiencing abuse, neglect, or emotional distress)*
- **Autonomous Women's House Zagreb (AŽKZ):** `0800 55 44` *(Provides free counseling, legal advice, and secure shelter for women survivors of domestic violence)*

- **Emergency Police Intervention:** If there is an immediate threat to life, individuals should dial `192`.

Addiction & Substance Abuse Help

- **Croatian Institute of Public Health (HZJZ):** Croatia manages addiction treatment through expert teams located in county public health institutes across the country. They operate dedicated Info Lines for Addiction to guide citizens toward local outpatient treatment and counseling.
- **First Point of Contact:** For immediate counseling and guidance on finding local addiction resources, individuals can call the Plavi Telefon at `116 123`. For youth facing risky behaviors and substance use, the Brave Phone for parents/adults is available at `0800 0800`.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `194` (Ambulance) or `112` immediately.

Cuba 🇨🇺

> **Important Note on Dialing Codes:** > Cuba's country code is `+53`. Shorter emergency numbers (such as `104`, `105`, or `106`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Cuba. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police (Policía Nacional Revolucionaria):** `106`
- **Fire Department (Bomberos):** `105`
- **Ambulance / Medical Emergencies:** `104`

Suicide Prevention & Mental Health Crises

- **Línea de Apoyo Psicológico (National Emergency Psychological Support Line):** `104` *(In addition to general medical dispatch,* `104` *serves as a line operated by the Ministry of Public Health to provide free, confidential mental health and suicide prevention support).*
- **Línea Confidencial:** `103` *(Provides anonymous and specialized psychological counseling and guidance for individuals in distress).*

Domestic Violence & Abuse

- **Línea Confidencial 103:** `103` *(While originally established as an anti-drug hotline, its mandate was officially expanded in recent years to include comprehensive psychological support and intake for victims of domestic abuse and gender-based violence).*
- **Federation of Cuban Women (FMC):** The FMC operates community centers and legal orientation houses (*Casas de Orientación a la Mujer y la Familia*) locally across the country to provide in-person assistance, counseling, and advocacy for women experiencing violence.
- **Emergency Police Intervention:** If there is an immediate threat to life, individuals should dial the Police at `106`.

Addiction & Substance Abuse Help

- **Línea Confidencial Antidrogas:** `103` *(This free, national hotline was originally created to address addiction and drug abuse. It provides anonymous counseling, crisis intervention, and treatment referrals for individuals and their families struggling with substance use).*

- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `104` (Ambulance) immediately.

Cyprus 🇨🇾

Important Note on Dialing Codes: > Cyprus's country code is +357. Shorter emergency numbers (such as 112 or 199), four-digit hotlines (like 1440 or 1402), and toll-free numbers (like those starting with 8000) are local numbers meant to be dialed exactly as they appear when you are physically located inside Cyprus. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency:** 112 *(This is the primary, unified number for police, fire, or medical dispatch, and operators typically speak English and Greek)*
- **Local Emergency / Police Dispatch:** 199 *(Cyprus's legacy emergency number, which routes to the same centralized dispatch as 112)*
- **Search and Rescue (JRCC Larnaca):** 1441 *(For maritime and aeronautical rescue operations)*

Suicide Prevention & Mental Health Crises

- **Cyprus Samaritans:** 8000 7773 *(A free, confidential, 24/7 hotline providing emotional support and crisis intervention for individuals in distress. Services are available in English, making it highly valuable for expats and tourists).*
- **State Mental Health Crisis Line:** 1401 *(A 24/7 hotline managed by the Mental Health Services of the Ministry of Health, providing confidential support and intervention).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial 112 immediately for an ambulance.

Domestic Violence & Abuse

- **SPAVO Helpline (Association for the Prevention and Handling of Violence in the Family):** 1440 *(A free, 24/7 national hotline providing confidential advice, psychological support, and shelter referrals for victims of domestic and gender-based violence).*
- **Hope for Children Helpline:** 1466 *(Provides psychological support and guidance for children and teens facing abuse, neglect, or bullying).*
- **European Child Helpline:** 116 111 *(A dedicated, free line for children and youth experiencing abuse or severe emotional distress).*
- **Emergency Police Intervention:** If there is an immediate threat to life, individuals should dial 112 or 199.

Addiction & Substance Abuse Help

- **Cyprus National Addictions Authority (NAAC) Helpline:** 1402 *(A dedicated helpline offering information, support, crisis management, and referrals to local rehabilitation programs for individuals struggling with substance use).*
- **Drug Law Enforcement Service (Cyprus Police):** 1498 *(A 24-hour helpline that serves a dual purpose: providing preliminary assistance and guidance for those seeking addiction treatment, and acting as a confidential line to report drug-related crimes).*
- **PERSEAS Counseling Center:** 1456 *(A specialized helpline focused on providing support and addiction guidance for teenagers, young adults, and their families).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 112 (Ambulance) immediately.

Czech Republic 🇨🇿

Important Note on Dialing Codes: > The Czech Republic's country code is `+420`. Shorter emergency numbers (such as `112`, `155`, or `158`) and European standardized hotlines (like `116 123` or `116 006`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside the country. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency:** `112` *(This unified number connects you to police, fire, or medical dispatch, and operators typically speak English and German)*
- **Ambulance / Emergency Medical Help (Záchranná služba):** `155` *(Dialing this directly is often faster for medical emergencies than using 112, as it connects straight to medical dispatchers)*
- **Police (Policie):** `158`
- **Municipal / City Police (Městská policie):** `156` *(For local issues, noise complaints, and minor public order incidents)*
- **Fire Brigade (Hasiči):** `150`

Suicide Prevention & Mental Health Crises

- **First Psychological Aid Line (Linka první psychické pomoci):** `116 123` *(A free, national hotline providing immediate psychological support for adults in emotional distress or crisis)*
- **Prague Crisis Line (Pražská linka důvěry):** `222 580 697` *(A 24/7 confidential crisis hotline offering psychological help and intervention)*
- **Safety Line for Children and Youth (Linka bezpečí):** `116 111` *(A free, 24/7 dedicated line providing crisis intervention and psychological support for children, teens, and students up to age 26)*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `155` immediately for an ambulance.

Domestic Violence & Abuse

- **White Circle of Safety (Bílý kruh bezpečí):** `116 006` *(A free, 24/7 national hotline providing emotional support, legal information, and practical help for victims of crime and domestic violence)*

- **DONA Line (DONA linka):** 251 51 13 13 *(A specialized helpline operating 24/7 dedicated specifically to helping victims of domestic violence, offering psychological and legal support)*
- **ROSA Center:** 800 60 50 80 *(A toll-free crisis line providing counseling, safe shelter referrals, and comprehensive support for women experiencing domestic abuse)*
- **Emergency Police Intervention:** If there is an immediate threat to life, individuals should dial 158 or 112.

Addiction & Substance Abuse Help

- **National Addiction Helpline (Národní linka pro odvykání):** 800 350 000 *(A free, professional counseling line providing support and treatment guidance for individuals dealing with alcohol, drugs, smoking, or gambling addictions)*
- **SANANIM:** One of the largest non-governmental organizations in the Czech Republic providing comprehensive prevention, treatment, and rehabilitation services for non-alcohol drug addictions. They operate various drop-in centers and counseling facilities across Prague.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 155 (Ambulance) immediately.

Denmark 🇩🇰

Important Note on Dialing Codes: > Denmark's country code is `+45`. Shorter emergency numbers (such as `112` or `114`) and local hotlines (like `1888` or 8-digit numbers like `70 201 201`) are meant to be dialed exactly as they appear when you are physically located inside Denmark. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General European Emergency (Police, Fire, Ambulance):** `112` *(This is the unified, primary emergency dispatch number available from all phones. Operators speak Danish and English).*
- **Police (Non-Emergency):** `114` *(To report crimes that are not currently in progress or to seek general police assistance).*
- **Medical Helpline (Capital Region / Copenhagen):** `1813` *(For urgent but non-life-threatening medical advice or to be directed to an emergency room in the Capital Region).*
- **Medical Helpline (Other Regions - Lægevagten):** Outside of Copenhagen, each region has a specific 8-digit out-of-hours medical number for urgent care.

Suicide Prevention & Mental Health Crises

- **Livslinien (The Lifeline):** `70 201 201` *(A national helpline offering anonymous telephone and chat counseling for people in severe crisis or experiencing suicidal thoughts).*
- **Psykiatrisk Skadestue (Psychiatric Emergency Rooms):** Denmark handles severe mental health crises through dedicated psychiatric emergency departments located in major regional hospitals, open 24/7.
- **Børnetelefonen (Children's Helpline):** `116 111` *(A free, anonymous helpline for children and youth seeking advice or comfort).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `112` immediately for an ambulance.

Domestic Violence & Abuse

- **Lev Uden Vold (Live Without Violence):** `1888` *(A free, 24/7 national hotline offering anonymous counseling, legal guidance, and shelter referrals for anyone experiencing domestic violence, as well as relatives or professionals).*
- **Danish Women's Society Crisis Centers:** Provide safe houses and support for women and children escaping abusive situations across the country. Call `1888` to be routed to the nearest available center.

- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should dial `112`.

Addiction & Substance Abuse Help

- **Alkolinjen (The Alcohol Line):** `80 200 500` *(A free, anonymous national hotline providing counseling and guidance on alcohol dependency for individuals and their relatives).*
- **Municipal Rusmiddelcentre (Substance Abuse Centers):** In Denmark, addiction treatment is primarily guaranteed and funded by the municipalities. Individuals seeking help for drug or alcohol addiction are guaranteed free treatment within 14 days of contacting their local municipal substance abuse center.
- **Netstof.dk:** An anonymous online portal where young people can ask experts about drugs, alcohol, and addiction.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `112` (Ambulance) immediately.

Djibouti 🇩🇯

> **Important Note on Dialing Codes:** > Djibouti's country code is `+253`. Shorter emergency numbers (such as `17`, `18`, or `19`) and specialized shortcodes (like `1520`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Djibouti. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** `17`
- **Fire Brigade (Sapeurs-Pompiers):** `18` *(In many francophone countries, the fire department is also heavily involved in medical rescues and dispatch)*
- **Ambulance / Medical Emergencies:** `19` *(Alternatively, dial `119` or `18`)*

Suicide Prevention & Mental Health Crises

- *Djibouti does not currently operate a dedicated, national three-digit suicide hotline. Mental health resources are extremely limited and managed through the general public health system.*
- **Primary Emergency Response:** Individuals in acute psychiatric distress or those experiencing a suicidal crisis are generally taken directly to the emergency department of a main hospital, such as the Peltier Hospital in Djibouti City.
- For immediate physical danger or if a suicide attempt is in progress, dial the Ambulance line at `19` or the Police at `17`.

Domestic Violence & Abuse

- **UNFD Gender-Based Violence Hotline:** `1520` *(A free helpline operating 7 days a week, available to female victims of gender-based violence in Djibouti. It provides confidential listening, support, and guidance, and is backed by the National Women's Union of Djibouti).*
- **Cellule d'écoute, d'information et d'orientation (CEIO):** The UNFD also operates this physical listening, information, and orientation center, which acts as a safe space where women who are victims of violence can seek help, protection, and legal/police orientation.
- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should dial the Police at `17`.

Addiction & Substance Abuse Help

- *Djibouti does not operate a public hotline exclusively for addiction. Substance abuse is treated through the general medical infrastructure.*
- **First Point of Contact:** Individuals seeking help for substance abuse must visit a local health clinic or a primary hospital for a medical assessment and general psychological support.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 19 (Ambulance) or 18 immediately, or transport the individual directly to the nearest hospital.

Dominica 🇩🇲

> **Important Note on Dialing Codes:** > Dominica's country code is `+1-767`. Shorter emergency numbers (such as `911` or `999`) are local numbers meant to be dialed exactly as they appear when you are physically located on the island. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance):** `911` or `999`
- **Police Headquarters (Roseau):** `+1 767 448-2222`
- **Marine / Coast Guard:** `+1 767 448-4431`
- **Princess Margaret Hospital (Emergency Dept):** `+1 767 448-2231`

Suicide Prevention & Mental Health Crises

- **Dominica Red Cross Mental Health Hotline:** `+1 767 449-2231` *(Provides free and confidential emotional and psychological support).*
- **Lifeline Dominica:** `+1 767 255-2999` or `+1 767 317-3030` *(A dedicated helpline providing crisis counseling and emotional support for individuals in distress).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies, dial `911` or transport the individual directly to the Acute Psychiatric Unit at Princess Margaret Hospital.

Domestic Violence & Abuse

- **Bureau of Gender Affairs:** `+1 767 618-3454` *(The primary government agency for reporting intimate partner violence and sexual abuse; they provide direct social and psychological services).*
- **Lifeline Dominica (Abuse Support):** `+1 767 235-8367` *(Offers victim support, training for support workers, and family counseling).*
- **Dominica National Council for Women (DNCW):** `+1 767 265-3779` *(Provides mediation, counseling, and access to crisis shelter mechanisms).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `911` for police assistance.

Addiction & Substance Abuse Help

- *Dominica does not operate a dedicated three-digit national hotline for addiction. Treatment is managed through the public health system and community-based organizations.*

- **Community Health Services:** Individuals seeking help for substance abuse are encouraged to contact their local district health center or the Social Services Department for assessment and referral.
- **National Drug Abuse Prevention Unit (NDAPU):** +1 767 266-3971 *(Provides public education and can offer guidance on available treatment options and rehabilitation programs).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 911 (Ambulance) immediately.

Dominican Republic 🇩🇴

Important Note on Dialing Codes: > The Dominican Republic's country code is `+1-809`, `+1-829`, and `+1-849`. Shorter emergency numbers (such as `911`, `*212`, or `*462`) are local numbers meant to be dialed exactly as they appear when you are physically located in the country. Note that `911` is available in nearly 90% of the country but may have limited coverage in some remote areas near the Haitian border.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance):** `911` *(This is the unified national emergency system; operators can dispatch all primary emergency services)*.
- **Tourist Police (POLITUR):** `809-222-2026` or `809-200-3500` *(A specialized force for assisting visitors; their app "POLITUR APP" also provides direct emergency contact)*.
- **National Citizen Information:** `*462` *(A general government line for non-emergency information and administrative guidance)*.

Suicide Prevention & Mental Health Crises

- **Línea de Vida (Life Line):** `809-200-1202` *(A 24/7 free and confidential national hotline specifically for suicide prevention and mental health crises, operated by the Ministry of Public Health)*.
- **911 Mental Health Dispatch:** In acute emergencies, `911` operators can dispatch specialized medical units for psychiatric crises.
- **Aquí Estoy Chat:** `aquiestoy.chat` *(A WhatsApp-based emotional support network popular among youth in the region for non-immediate mental health support)*.

Domestic Violence & Abuse

- **Línea de Emergencia Mujer (Ministry of Women):** `*212` *(A free, 24/7 emergency hotline for women. It allows victims of domestic or gender-based violence to report abuse and request immediate rescue or psychological assistance).*
- **Línea Vida (Procuraduría):** `809-200-1202` *(Also serves as a primary line for reporting domestic violence and sexual crimes to the Prosecutor's office)*.
- **CONANI (National Council for Children):** `809-567-2233` *(The primary authority for reporting child abuse or neglect. For immediate emergencies involving minors, dial* `911`*)*.

Addiction & Substance Abuse Help

- **Casa Abierta:** `809-538-4008` *(A long-standing non-profit organization providing prevention, guidance, and psychological support for individuals and families dealing with drug and alcohol addiction)*.
- **Hogar Crea Dominicano:** `809-681-3042` *(One of the largest residential rehabilitation networks in the country; they offer guidance on long-term recovery and detoxification)*.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `911` (Ambulance) immediately. Note that outside of major cities (Santo Domingo, Santiago, Punta Cana), ambulance response times can vary.

East Timor (Timor-Leste) 🇹🇱

> **Important Note on Dialing Codes:** > Timor-Leste's country code is +670. Shorter emergency numbers (such as 112, 110, or 115) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country. **Safety Note:** Emergency services can be unreliable; in many cases, making your own way to a hospital or the National Police headquarters is the fastest way to receive help.

General Emergency Numbers

- **General Emergency / Police:** 112 *(This is the primary national emergency number)*
- **Ambulance / Medical Emergencies:** 110 *(Or call the Dili National Ambulance at 331 1044)*
- **Fire Department:** 115 *(Or 331 2210 in Dili)*
- **National Police (PNTL) Secondary Line:** +670 331 1380

Suicide Prevention & Mental Health Crises

- **PRADET Timor-Leste Helpline:** +670 7723 0000 *(Operated by the NGO PRADET, this is a 24/7 national hotline providing confidential crisis support, mental health counseling, and suicide prevention).*
- **Department of Mental Health (Ministry of Health):** +670 331 0477 *(Available Monday–Friday, 9 AM – 5 PM for mental health screenings and psychiatric support).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies, dial 112 or transport the individual directly to the **Guido Valadares National Hospital (HNGV)** in Dili.

Domestic Violence & Abuse

- **Fatin Hakmatek (Safe House) Support:** +670 7732 3333 *(A 24/7 hotline provided by PRADET that offers psychological support, medical forensic examinations, and shelter referrals for survivors of domestic and gender-based violence).*
- **Vulnerable Persons Unit (VPU) - National Police:** Dial 112 and request the VPU. This specialized police unit is specifically trained to handle cases involving domestic violence, child abuse, and sexual assault.
- **Child and Youth Helpline (UNICEF):** +670 7734 5678 *(Available Monday–Saturday for psychological support and reporting of child abuse).*

Addiction & Substance Abuse Help

- *Timor-Leste does not have a dedicated national three-digit hotline for addiction. Treatment is managed through the general mental health and public health systems.*
- **First Point of Contact:** Individuals seeking help for substance use are encouraged to contact the PRADET helpline at `+670 7723 0000` for confidential counseling and guidance on finding available treatment resources.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `110` (Ambulance) or `112` immediately.

Ecuador 🇪🇨

Important Note on Dialing Codes: > Ecuador's country code is `+593`. Shorter emergency numbers (such as `911` or `171`) and toll-free numbers (like those starting with `1800`) are local emergency numbers meant to be dialed exactly as they appear when you are physically located inside Ecuador. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **National Emergency (ECU 911):** `911` *(This is the unified national emergency dispatch for police, fire, and ambulance services across the entire country).*
- **Tourism Police:** If in Quito or Guayaquil, you can ask for the "Policía Turística" via `911` or visit their units in major tourist hubs for assistance in English.
- **DINAPEN (Specialized Police for Children):** `+593 2 295 0214` *(Or dial `911` and ask for a DINAPEN officer for emergencies involving minors).*

Suicide Prevention & Mental Health Crises

- **Ministerio de Salud Pública (Health Line):** `171` *(Dial `171` and select **Option 6** to access the national mental health and crisis intervention service. This line provides 24/7 psychological first aid).*
- **Instituto Nacional de Neurociencias (Ánima te Escucha):** `+593 99 719 6911` *(A dedicated helpline and WhatsApp service offering free, confidential psychological support and crisis intervention).*
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `911` immediately for an ambulance.

Domestic Violence & Abuse

- **1800 DELITO (Violence Support):** `1800 335486` *(Dial and select **Option 4** to report violence against women. This is a confidential line for reporting and seeking guidance).*
- **911 Emergency Response:** Domestic violence is treated as a priority emergency in Ecuador. Dialing `911` will trigger an immediate police response and, if requested, medical or psychological support units.
- **Fiscalía General (Prosecutor's Office):** Victims of abuse can also report crimes directly to the specialized units for gender violence (*Unidades Judiciales de Violencia contra la Mujer y la Familia*) located in most major cities.

Addiction & Substance Abuse Help

- **National Prevention Line:** 171 *(Dial 171 and select **Option 6**. This integrated line also provides guidance, psychological support, and routing to public health centers specializing in addiction treatment).*
- **Casa de Bienestar y Vida:** +593 99 521 2657 *(Provides psychological counseling and addiction prevention services, particularly within the Quito municipal health network).*
- **First Point of Contact (Centros de Salud):** In Ecuador, free addiction treatment is accessed through the public health system. Individuals can call 171 to schedule a primary care appointment at their nearest health center (*Centro de Salud*) for a referral to a specialized CETAD (Center for the Treatment of Addictions).
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 911 (Ambulance) immediately.

Egypt 🇪🇬

Important Note on Dialing Codes: > Egypt's country code is +20. Shorter emergency numbers (such as 122, 123, or 180) and specialized five-digit hotlines (like 16328 or 16023) are local numbers meant to be dialed exactly as they appear when you are physically located inside Egypt. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** 122 *(For immediate security threats and reporting crimes)*
- **Ambulance / Medical Emergencies:** 123 *(This is the primary number for medical dispatch)*
- **Fire Department:** 180
- **Tourist Police:** 126 *(A dedicated force for assisting foreign visitors with theft, harassment, or lost documents)*
- **Unified Emergency Service:** 112 *(Can be dialed from mobile phones to reach a central emergency dispatcher)*
- **Traffic Police:** 128

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** 16328 *(A 24/7 free and confidential hotline operated by the General Secretariat of Mental Health and Addiction Treatment under the Ministry of Health).*
- **Alternative Crisis Line:** 02 20816831 *(Providing additional psychological support and guidance).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial 123 for an ambulance.

Domestic Violence & Abuse

- **National Council for Women (NCW) Hotline:** 15115 *(A dedicated national line for reporting violence against women and seeking legal and psychological counseling. Available 24/7).*
    - **WhatsApp Option:** +2 0100 752 5600 *(For discreet messaging and reporting).*
- **Child Helpline:** 16000 *(Operated by the National Council for Child and Motherhood to report child abuse, neglect, or exploitation).*
- **Emergency Police Intervention:** If there is an immediate threat to life, individuals should dial 122.

Addiction & Substance Abuse Help

- **National Addiction Treatment Hotline (FDCTA):** 16023 *(Operated by the Fund for Drug Control and Treatment of Addiction. This 24/7 hotline provides confidential information, psychological support, and referrals to free, high-quality public treatment centers across Egypt).*
- **General Secretariat for Addiction:** 16328 *(Also provides guidance and intake for addiction-related mental health services).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 123 (Ambulance) immediately.

El Salvador 🇸🇻

Important Note on Dialing Codes: > El Salvador's country code is `+503`. Shorter emergency numbers (such as `911` or `126`) and specialized hotlines (like `198` or `132`) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **National Emergency (Police, Fire, Ambulance):** `911` *(This is the primary nationwide emergency number for all life-threatening situations).*
- **Medical Emergencies (FOSALUD):** `132` *(A dedicated 24/7 medical emergency line that provides ambulance dispatch and pre-hospital care).*
- **Fire Department (Cuerpo de Bomberos):** `913` *(Direct line for fire emergencies, though* `911` *is also effective).*
- **Civil Protection:** `2201 2424` *(For reporting natural disasters, landslides, or flooding).*

Suicide Prevention & Mental Health Crises

- **Te Orienta (ISDEMU Crisis Line):** `126` *(A 24/7 free and confidential hotline providing crisis intervention, psychological support, and emotional stabilization for the general population, with a focus on women and youth).*
    - **WhatsApp Support:** `+503 7854 9521`
- **FOSALUD Mental Health Advice:** `132` *(Dial and ask for psychological orientation; they provide tele-counseling and can dispatch medical help for psychiatric emergencies).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or active suicide attempts, dial `911` or `132` immediately.

Domestic Violence & Abuse

- **ISDEMU (National Institute for Women):** `126` *(The primary national hotline for victims of domestic and gender-based violence. It provides 24/7 psychological first aid and legal orientation).*
- **Línea 198 (Specialized Violence Hotline):** `198` *(A dedicated line for reporting violence against women and seeking immediate institutional protection).*
- **CONAPINA (Child and Adolescent Protection):** `119` *(A free national helpline to report abuse, neglect, or any violation of the rights of children and adolescents).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `911`. The police have specialized units (UNIMUJER-ODAC) specifically trained to handle gender-based violence cases.

Addiction & Substance Abuse Help

- **CNA (National Anti-Drug Commission):** `+503 2521 1700` *(Provides information on national drug policies and directories for authorized treatment centers).*
- **FOSALUD Addiction Services:** `132` *(Dial `132` to receive orientation on public rehabilitation services. FOSALUD manages several specialized "Centros de Prevención y Tratamiento de Adicciones" (CPTA) throughout the country).*
- **Antitobacco and Addiction Line:** `2528 9727` *(Specific guidance for tobacco and substance cessation programs).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `132` (Medical Emergency) or `911` immediately.

Equatorial Guinea 🇬🇶

Important Note on Dialing Codes: Equatorial Guinea's country code is `+240`. Shorter emergency numbers (such as 112, 113, or 115) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country. In many areas, if these shortcodes fail, the most reliable method of contact is calling the local police station's 9-digit landline directly.

General Emergency Numbers

- **Ambulance:** 112
- **Police:** 113 or 114
- **Fire Department:** 115
- **Traffic Police:** 116 *(Specifically for road accidents and highway assistance)*

Suicide Prevention & Mental Health Crises

- *Equatorial Guinea does not currently have a dedicated national suicide prevention hotline.*
- **Primary Emergency Response:** In the event of a severe mental health crisis, individuals are typically taken to the emergency department of a general hospital, such as the **Hospital General de Malabo** or the **Hospital General de Bata**.
- **NGO Support:** International organizations like the Red Cross (Cruz Roja de Guinea Ecuatorial) occasionally provide psychosocial support and can be a resource for families in crisis.
- **Immediate Danger:** If there is an immediate threat of self-harm, contact the Ambulance service at 112 or the Police at 114.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse. Support is often coordinated through the Ministry of Social Affairs and Gender Equality.*
- **Ministry of Social Affairs (MINASIG):** In Malabo, victims can seek out the Ministry's specialized offices for gender-based violence, which provide social assistance and orientation.
- **Emergency Police Intervention:** For immediate physical protection, dial the Police at 113 or 114.
- **Legal and Social Support:** Local religious organizations and community centers often act as the primary point of contact for mediation and support for women and children in abusive situations.

Addiction & Substance Abuse Help

- *Equatorial Guinea does not operate a public hotline exclusively for addiction. Substance use disorders are managed through the general psychiatric and medical systems.*
- **First Point of Contact:** Individuals seeking help for addiction should visit a local primary health clinic (*Centro de Salud*) for a referral to the psychiatric or internal medicine departments of the major national hospitals.
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, dial 112 (Ambulance) or transport the individual directly to the nearest hospital emergency room.

Eritrea 🇪🇷

Important Note on Dialing Codes: Eritrea's country code is +291. Shorter emergency numbers (such as 113 or 114) are meant to be dialed exactly as they appear when you are physically located inside the country. Outside of Asmara, emergency response can be extremely limited; in many cases, finding a local police officer or arranging private transport to a clinic is the most effective course of action.

General Emergency Numbers

- **Police:** 113
- **Ambulance / Medical Emergencies:** 114
- **Fire Brigade:** 116
- **Traffic Police:** 115
- **General Emergency (Centralized):** 112 *(Available via most mobile networks to redirect to local dispatch)*.

Suicide Prevention & Mental Health Crises

- *Eritrea does not currently have a dedicated, national three-digit suicide hotline. Mental health services are integrated into the public hospital system.*
- **Primary Emergency Response:** For an acute psychiatric crisis, individuals should be taken directly to the **St. Mary's Psychiatric Hospital** in Asmara, which is the country's primary facility for mental health.
- **General Assistance:** For immediate danger of self-harm, contact the Police at 113 or the Ambulance service at 114.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse. Support is primarily handled through law enforcement and national unions.*
- **National Union of Eritrean Women (NUEW):** +291 1 118 123 *(Headquarters in Asmara). The NUEW provides advocacy, legal counseling, and social support for women experiencing violence and has branches throughout the country's six regions.*
- **Emergency Police Intervention:** If there is an immediate threat to life or physical safety, individuals should dial the Police at 113.
- **Community Support:** In many areas, village elders and local administrative committees (*Kebabi*) play a central role in mediating domestic disputes and providing protection for vulnerable individuals.

Addiction & Substance Abuse Help

- *Eritrea does not operate a public hotline exclusively for addiction. Substance use treatment is managed through the general medical and psychiatric health system.*
- **First Point of Contact:** Individuals seeking help for substance dependency are encouraged to visit their local community health center for a referral to the internal medicine or psychiatric departments at regional hospitals or St. Mary's in the capital.
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, dial 114 (Ambulance) immediately or transport the individual to the nearest emergency clinic.

Estonia 🇪🇪

Important Note on Dialing Codes: Estonia's country code is +372. Shorter emergency numbers (such as 112, 1247, or 116 123) are local numbers meant to be dialed exactly as they appear when you are physically located inside Estonia. Services are widely available in **Estonian, Russian, and English**.

General Emergency Numbers

- **Unified Emergency Service (Police, Fire, Ambulance):** 112 *(The primary number for all life-threatening situations. Operators can pinpoint your location and coordinate multiple rescue agencies simultaneously).*
- **State Helpline (Non-Emergency):** 1247 *(A 24/7 information line for situations where life or property is not in immediate danger, such as road conditions, environmental issues, or general safety guidance).*
- **Family Doctor Advisory Line:** 1220 *(A 24/7 service for medical advice on minor illnesses or when your primary doctor is unavailable).*
- **Maritime and Air Rescue:** +372 619 1224

Suicide Prevention & Mental Health Crises

- **Emotional Support and Pastoral Care:** 116 123 *(A free, 24/7 national hotline for individuals in emotional distress, experiencing grief, or having suicidal thoughts).*
- **Eluliin (Lifeline):** * **Estonian:** 655 8088 (Available daily, 7 PM – 7 AM)
    - **Russian:** 655 5688 (Available daily, 7 PM – 7 AM)
- **Children’s Helpline (Lasteabi):** 116 111 *(A 24/7 free service for children and youth, also available via online chat at `lasteabi.ee`).*
- **School Psychologist Hotline:** 1226 (Estonian) or 1227 (Russian) *(Available Mon–Fri, 4 PM – 8 PM).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies, dial 112 immediately.

Domestic Violence & Abuse

- **Victim Support Crisis Hotline (Ohvriabi):** 116 006 *(A 24/7 free and confidential service for victims of any crime or violence, providing emotional support and information on legal rights).*
    - **Online Chat:** `palunabi.ee` *(Anonymous 24/7 support).*
- **Women’s Support Centers (Naiste Tugi- ja Teabekeskus):** +372 5594 9496 *(Direct 24/7 counseling and shelter coordination for women).*

- **Helpline 1492:** `1492` *(A dedicated short-code for women experiencing physical, psychological, or economic violence).*
- **Support Line for Quitting Violence:** `660 6077` *(A specialized line for individuals who want to stop their own violent behavior).*

Addiction & Substance Abuse Help

- **National Drug and Alcohol Counseling:** While Estonia does not have a single 3-digit "addiction" code, counseling is integrated into the **Victim Support Line** (`116 006`) and the **Emotional Support Line** (`116 123`).
- **In-Person Support:** For treatment referrals, individuals are encouraged to call the **Family Doctor Advisory Line** (`1220`) or visit the portal `narkootikumid.ee` for a map of local rehabilitation and harm reduction centers.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `112` (Ambulance) immediately.

Eswatini 🇸🇿

> **Important Note on Dialing Codes:** Eswatini's country code is +268. Shorter emergency numbers (such as 999, 977, or 933) and specialized hotlines (like 951) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** 999 *(The primary nationwide emergency response for security and crime).*
- **Ambulance / Medical Emergencies:** 977 *(Note: In some regions, 911 may also redirect to emergency medical dispatch).*
- **Fire Department:** 933
- **Child Helpline:** 116 *(A dedicated national line for children in need of protection or assistance).*

Suicide Prevention & Mental Health Crises

- **Eswatini Mental Health Hotline:** +268 2207 9797 *(A national line providing emotional support and crisis counseling for individuals in distress).*
- **NATICC Helpline:** +268 7965 3610 *(Operated by the Nazarene Total Health Care Center, providing confidential psychological support and crisis intervention).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies, dial 977 for an ambulance or transport the individual directly to the **National Psychiatric Referral Hospital** in Manzini.

Domestic Violence & Abuse

- **SWAGAA (Eswatini Action Group Against Abuse):** 951 *(A free, 24/7 national toll-free hotline for reporting domestic violence, sexual assault, and child abuse. It provides immediate crisis counseling and orientation for legal and medical assistance).*
- **NATICC GBV Hotline:** +268 2207 9797 *(Specializes in reporting and providing counseling for survivors of gender-based violence).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial 999. The Royal Eswatini Police Service has specialized Domestic Violence units to handle these cases.

Addiction & Substance Abuse Help

- *Eswatini does not operate a dedicated three-digit national hotline exclusively for addiction. Treatment is primarily managed through the public psychiatric and general health system.*
- **First Point of Contact:** Individuals seeking help for substance dependency are encouraged to contact the **National Psychiatric Referral Hospital** in Manzini at `+268 2505 5170` for assessment and rehabilitation referrals.
- **Support Groups:** Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have active presences in Mbabane and Manzini for peer-led recovery.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `977` (Ambulance) immediately.

Ethiopia 🇪🇹

> **Important Note on Dialing Codes:** Ethiopia's country code is `+251`. Shorter emergency numbers (such as `991`, `907`, or `939`) are meant to be dialed exactly as they appear when you are physically located inside the country. If you are in a rural area and these shortcodes do not work, seeking help from the nearest local police station or "Kebele" (neighborhood) office is often the most reliable course of action.

General Emergency Numbers

- **Police (Addis Ababa):** `991` or `922`
- **Ambulance (Red Cross):** `907` *(Primary medical dispatch for the capital)*
- **Fire Brigade:** `939`
- **Traffic Police:** `945`
- **General Information:** `997`

Suicide Prevention & Mental Health Crises

- *Ethiopia does not currently have a dedicated national three-digit suicide hotline. Mental health care is primarily managed through the public hospital system.*
- **Primary Emergency Response:** For an acute psychiatric crisis, individuals are typically taken to the **Amanuel Mental Specialized Hospital** in Addis Ababa, which is the national referral center for psychiatric care.
- **NGO Support:** International organizations like the Red Cross and various local NGOs provide psychosocial support in conflict-affected regions, but they do not operate a centralized crisis line.
- **Immediate Danger:** If there is an immediate threat of self-harm, contact the Ambulance service at `907` or the Police at `991`.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse. Support is provided through specialized police units and safe houses.*
- **Specialized Police Units:** Victims can request assistance from the "Child and Women Protection Units" available at many major police stations in Addis Ababa and regional capitals.
- **EWLA (Ethiopian Women Lawyers Association):** `+251 11 550 8255` *(Provides legal aid and counseling for women experiencing domestic violence and rights violations).*
- **Setaweet:** A feminist movement in Ethiopia that offers resources and a "circle of support" for survivors of gender-based violence.

- **One-Stop Centers:** Several public hospitals (such as Gandhi Memorial Hospital) house "One-Stop Centers" that provide integrated medical, legal, and psychological care for survivors of sexual and domestic violence.

Addiction & Substance Abuse Help

- *Ethiopia does not operate a dedicated national hotline for addiction. Treatment is accessed through the psychiatric departments of major hospitals.*
- **First Point of Contact:** Individuals seeking help for substance dependency are encouraged to visit the **Amanuel Mental Specialized Hospital** or the psychiatric units at **St. Paul's Hospital Millennium Medical College** for assessment and rehabilitation services.
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, dial `907` (Ambulance) immediately or transport the individual to the nearest hospital emergency department.

Fiji 🇫🇯

Important Note on Dialing Codes: Fiji's country code is `+679`. Shorter emergency numbers (such as `911`, `917`, or `919`) and specialized four-digit helplines (like `1560` or `1325`) are local numbers meant to be dialed exactly as they appear when you are physically located inside Fiji. Most helplines are toll-free from any local network.

General Emergency Numbers

- **National Emergency (Police, Fire, Ambulance):** `911` *(The primary unified number for all life-threatening situations).*
- **Police Emergency:** `917` *(Direct dispatch to the Fiji Police Force).*
- **Crime Stoppers:** `919` *(To report information about a crime anonymously).*
- **Fire Department:** `910`
- **Search and Rescue (Maritime):** `1539`

Suicide Prevention & Mental Health Crises

- **Lifeline Fiji:** `132 454` *(A 24/7 free and confidential national crisis line providing emotional support and suicide intervention. Dialing* `1543` *also connects to the National Crisis Line).*
- **Empower Pacific Counseling Helpline:** `5626` *(A 24/7 toll-free service providing psychological support and counseling for individuals in emotional distress).*
- **National Child Helpline:** `1325` *(Specifically for children and youth, providing 24/7 emotional support and crisis guidance).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies, dial `911` or `917` for immediate police and medical assistance.

Domestic Violence & Abuse

- **National Domestic Violence Helpline:** `1560` *(A free, 24/7 confidential national hotline for anyone affected by domestic or family violence. It offers counseling, safety planning, and referrals to safe houses).*
- **Fiji Women’s Crisis Centre (FWCC):** `331 3300` *(Main office) or* `920 9470` *(24-hour mobile support). FWCC provides legal, medical, and practical support for survivors of gender-based violence.*
- **Child Helpline:** `1325` *(To report child abuse, neglect, or bullying. Professional counselors are available 24/7).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `911`. The Fiji Police Force operates specialized units to handle domestic violence and child protection cases.

Addiction & Substance Abuse Help

- **National Substance Abuse Advisory Council (NSAAC):** 339 7755 *(Provides information on national drug policies and coordinates prevention programs).*
- **Empower Pacific (Addiction Support):** 5626 *(The 24/7 counseling line also provides specialized support and orientation for individuals struggling with substance use and alcohol addiction).*
- **NADAAP (Ministry of Health):** 217 4664 *(The National Anti-Drug Awareness and Action Programme provides guidance on public rehabilitation resources and treatment information).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 911 (Ambulance) immediately.

Finland 🇫🇮

Important Note on Dialing Codes: Finland's country code is `+358`. Shorter emergency numbers (such as `112`, `116 117`, or `116 006`) are local numbers meant to be dialed exactly as they appear when you are physically located inside Finland. The **112 Suomi** mobile app is highly recommended for travelers, as it automatically sends your exact GPS coordinates to the emergency dispatcher when you call through the app.

General Emergency Numbers

- **Unified Emergency Service (Police, Fire, Ambulance):** `112` *(The only number for all life-threatening emergencies. Dispatchers typically speak English, Finnish, and Swedish).*
- **Medical Helpline (Urgent Care):** `116 117` *(A national 24/7 service for urgent health problems that are not life-threatening. They provide advice and direct you to the correct emergency room or health center).*
- **Police (Non-Emergency):** `0295 419 800` *(To report non-urgent crimes or seek general police advice).*
- **Maritime Search and Rescue:** `0294 1000`

Suicide Prevention & Mental Health Crises

- **MIELI Crisis Helpline (English Line):** `09 2525 0116` *(Operated by MIELI Mental Health Finland. Available at specific times: Mondays 4 PM – 8 PM, and Thursdays/Fridays 9 AM – 1 PM. For 24/7 support in Finnish, dial* `09 2525 0111`*).*
- **Sekasin Chat (Youth):** `sekasin.fi` *(A popular, anonymous 24/7 chat service for young people aged 12–29, providing professional mental health support).*
- **Emergency Social and Crisis Services:** Most municipalities have local 24/7 "Social Emergency" numbers to handle acute family or mental health crises. In Helsinki, the **Crisis Emergency Service** can be reached at `09 310 44222`.
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `112` immediately.

Domestic Violence & Abuse

- **Nollalinja (Zero Line):** `080 005 005` or `116 016` *(A free, 24/7 national hotline for victims of domestic violence and violence against women. It provides anonymous counseling in multiple languages, including English, and coordinates shelter placements).*
- **Victim Support Finland (RIKU):** `116 006` *(Provides legal and emotional support to victims of all crimes. Available Mon–Fri, 9 AM – 8 PM).*

- **Monika-Naiset (Multicultural Women):** `0800 05058` *(A specialized 24/7 helpline for immigrant women experiencing violence, offering support in dozens of languages).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `112`.

Addiction & Substance Abuse Help

- **EHYT Substance Abuse Counseling:** `0800 900 45` *(A free, 24/7 national hotline providing professional counseling for concerns regarding alcohol, drugs, or gambling for both users and their loved ones).*
- **Irti Huumeista (Off Drugs):** `0800 985 00` *(A specialized helpline for drug-related issues and support for family members, available Mon–Fri, 9 AM – 3 PM and 6 PM – 9 PM).*
- **A-Clinic (A-Klinikka):** The primary public provider for addiction treatment. While they don't have a national hotline, they provide outpatient "A-clinics" and detoxification centers in every major city.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `112` (Ambulance) immediately.

France 🇫🇷

Important Note on Dialing Codes: France's country code is +33. Shorter emergency numbers (such as 15, 17, 18, or 112) and specialized four-digit lines (like 3114 or 3919) are local numbers meant to be dialed exactly as they appear when you are physically located inside France. For the deaf or hard of hearing, 114 is a dedicated 24/7 emergency number accessible via SMS or fax.

General Emergency Numbers

- **European Emergency Number:** 112 *(The unified number for any emergency; operators can redirect to medical, police, or fire services and often speak multiple languages).*
- **SAMU (Medical Emergencies):** 15 *(Direct line for the Emergency Medical Assistance Service; use this for serious medical distress or life-threatening health issues).*
- **Police (Police Secours):** 17 *(Direct line for reporting crimes in progress, accidents, or disturbances of public order).*
- **Fire Brigade (Sapeurs-Pompiers):** 18 *(In France, the fire brigade is also the primary responder for road accidents and medical rescues).*
- **Maritime Emergency:** 196 *(Direct line for Coast Guard and sea rescues).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Line (Numéro National de Prévention du Suicide):** 3114 *(A free, 24/7 national hotline staffed by trained professionals—psychologists and nurses—providing immediate support and intervention for individuals in distress or those worried about a loved one).*
- **SOS Amitié:** 09 72 39 40 50 *(A 24/7 volunteer-led listening service for anyone experiencing loneliness or psychological distress).*
- **Suicide Écoute:** 01 45 39 40 00 *(A 24/7 specialized volunteer service dedicated to suicide prevention).*
- **SOS Help (English Support):** 01 46 21 46 46 *(Provides confidential emotional support in English for the international community in France, typically available 3 PM – 11 PM).*

Domestic Violence & Abuse

- **Violences Femmes Infos:** 3919 *(The primary national hotline for women victims of violence. It is free, anonymous, and available 24/7. It offers support for all types of abuse and is accessible in over 180 languages via interpreters).*

- **Allô Enfance en Danger (Child Abuse):** `119` *(A 24/7 free national hotline to report child abuse or neglect. Calls do not appear on phone bills).*
- **Viols Femmes Informations (Sexual Violence):** `0 800 05 95 95` *(A specialized helpline for survivors of sexual assault and rape).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `17` or send an SMS to `114`.

Addiction & Substance Abuse Help

- **Drogues Info Service:** `0 800 23 13 13` *(A free, anonymous hotline providing information and guidance on drug use and addiction. Available 7 days a week from 8 AM to 2 AM).*
- **Alcool Info Service:** `0 980 980 930` *(A dedicated national line for support with alcohol dependency, available 8 AM to 2 AM daily).*
- **Joueurs Info Service:** `09 74 75 13 13` *(Specialized support for gambling addiction).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations, dial `15` (SAMU) or `112` immediately.

Gabon 🇬🇦

Important Note on Dialing Codes: Gabon's country code is `+241`. Shorter emergency numbers (such as `1722`, `1300`, or `1488`) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country. For landlines, Gabon uses 8-digit numbers (e.g., `01 76 00 00`).

General Emergency Numbers

- **Police (Libreville):** `1722` or `01 72 00 37`
- **Police (National):** `177`
- **Ambulance (SAMU):** `1300` *(This is the primary emergency medical assistance department).*
- **Fire Brigade (Sapeurs-Pompiers):** `18` or `01 76 15 20`
- **Red Cross (Croix-Rouge Gabonaise):** `01 72 14 34`

Suicide Prevention & Mental Health Crises

- **Samusocial Gabon:** `1488` *(This is a free, 24/7 national toll-free number. While it covers broad social emergencies, it provides critical psychological support, medical-psychological consultations, and crisis intervention for individuals in distress).*
- **Psychiatric Care:** Acute psychiatric emergencies are handled at the **Centre Psychiatrique de Melen** in Libreville.
- **Emergency Medical Response:** For an immediate life-threatening crisis or suicide attempt, dial `1300` (SAMU) or `1488`.

Domestic Violence & Abuse

- **National GBV Hotline (Numéro Vert):** `1404` *(A dedicated, free national emergency number for victims of gender-based violence, domestic abuse, and sexual assault. It provides listening, guidance, and coordination for medical and legal assistance).*
- **Samusocial Gabon (Shelter & Support):** `1488` *(Provides emergency housing and psychosocial support for women and children escaping domestic violence).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `1722` (in the capital) or `177`.

Addiction & Substance Abuse Help

- *Gabon does not operate a dedicated three-digit national hotline exclusively for addiction. Substance use treatment is managed through the public health system.*

- **Samusocial Gabon:** `1488` *(Acts as the primary point of contact for marginalized individuals struggling with dependency, providing medical check-ups and orientation to specialized care).*
- **First Point of Contact:** Individuals seeking rehabilitation or psychiatric support for addiction should visit the **Centre Psychiatrique de Melen** or the **University Hospital Center (CHUL)** in Libreville.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `1300` (SAMU) immediately.

Gambia 🇬🇲

Important Note on Dialing Codes: Gambia's country code is `+220`. Shorter emergency numbers (such as `117`, `118`, or `199`) and local subscriber numbers (7 digits) are meant to be dialed exactly as they appear when you are physically located inside the country. If you are calling from a foreign SIM card, you may need to use the `+220` prefix for landline and mobile numbers.

General Emergency Numbers

- **Police:** `117` *(The primary nationwide number for security and crime reporting).*
- **Ambulance:** `116` *(Primary medical dispatch. In some areas,* `16` *is also used for medical emergencies).*
- **Fire Service:** `118`
- **Police Hotline (24 hours):** `+220 422 4914` *(Direct line to the police operations center in Banjul).*

Suicide Prevention & Mental Health Crises

- **Gender-Based Violence & Crisis Helpline:** `1313` *(While specialized for GBV, this free, confidential 24/7 hotline provides immediate crisis counseling and emotional support for individuals in mental distress).*
- **Child Helpline Gambia:** `199` *(Provides 24/7 emotional support and crisis intervention for children and young people up to age 18).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, transport the individual directly to the **Tanka Tanka Psychiatric Hospital** (the national psychiatric facility) or the **Edward Francis Small Teaching Hospital (EFSTH)** in Banjul.

Domestic Violence & Abuse

- **Gender-Based Violence (GBV) Helpline:** `1313` *(A free, confidential 24/7 national service established by the Ministry of Gender and international partners like UNFPA. It offers immediate counseling, rescue coordination, and legal orientation).*
- **Child Helpline:** `199` *(The primary national shortcode for reporting child abuse, neglect, or exploitation. It is a coordinated initiative for child protection).*
- **One-Stop Centres:** Survivors of sexual and gender-based violence can seek integrated medical, legal, and psychological care at "One-Stop Centres" located at major hospitals, including **EFSTH (Banjul)**, **Bundung Maternal and Child Health Hospital**, and **Bansang General Hospital**.
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `117`.

Addiction & Substance Abuse Help

- *Gambia does not operate a dedicated three-digit national hotline exclusively for addiction. Substance use treatment is managed through the public mental health system.*
- **First Point of Contact:** Individuals seeking help for substance dependency are encouraged to contact the **Tanka Tanka Psychiatric Hospital** or visit their local district health center for assessment and referral.
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial 116 (Ambulance) or 117 (Police) immediately, or transport the individual to the nearest hospital emergency department.

Georgia 🇬🇪

Important Note on Dialing Codes: Georgia's country code is `+995`. The primary emergency number `112` and specialized hotlines (like `116 006` or `1481`) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country. Dispatchers at the 112 center typically speak **Georgian and Russian**, but they can transfer calls to English-speaking operators upon request.

General Emergency Numbers

- **Unified Emergency Service (Police, Fire, Ambulance):** `112` *(This is the primary nationwide number for all life-threatening emergencies. It is toll-free and accessible even from mobile phones without a SIM card).*
- **Direct Police Line:** `122` *(While 112 is the standard, 122 remains a legacy direct line for law enforcement).*
- **Direct Medical Emergencies:** `113` *(Direct dispatch for ambulances).*
- **Direct Fire Brigade:** `111`
- **Gas Emergency:** `114`

Suicide Prevention & Mental Health Crises

- **National Mental Health Hotline:** `116 123` *(A free, confidential 24/7 hotline providing psychological support and crisis intervention for individuals in distress).*
- **Ministry of Health Hotline:** `1505` *(Provides general health information and can assist with finding psychiatric care facilities).*
- **Emergency Medical Response:** For acute, life-threatening psychiatric emergencies or active suicide attempts, dial `112` immediately.

Domestic Violence & Abuse

- **Domestic Violence & Sexual Violence Hotline:** `116 006` *(A free, 24/7 national hotline for victims of domestic abuse. It provides confidential advice, psychological support, and information on shelters and legal rights. Services are available in **English**, Georgian, and Russian).*
- **Public Defender's Office (Ombudsman):** `1481` *(A 24-hour hotline for reporting human rights violations, including severe cases of abuse or institutional neglect).*
- **State Fund for Protection of Victims:** `2 11 60 06` *(Directly coordinates with shelters for female victims of violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`. The Ministry of Internal Affairs utilizes electronic monitoring and specialized responders for domestic violence calls.

Addiction & Substance Abuse Help

- **National Addiction Hotline:** `116 123` *(This integrated hotline also provides preliminary psychological support and crisis management for substance use issues).*
- **Ministry of Health Helpline:** `1505` *(The primary point of contact for information regarding state-funded detoxification and rehabilitation programs).*
- **Anti-Violence Network of Georgia:** `+995 32 272 67 17` *(Offers counseling and can provide referrals for families dealing with addiction-related domestic crises).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `112` (Ambulance) immediately.

Germany 🇩🇪

Important Note on Dialing Codes: Germany's country code is `+49`. Emergency numbers like `110`, `112`, and `116 117` are local numbers to be dialed exactly as shown within Germany. While many operators speak English, the primary language of dispatch is German. For non-life-threatening medical issues, the "On-Call Service" (`116 117`) is the standard to avoid overcrowding emergency rooms.

General Emergency Numbers

- **Emergency / Ambulance / Fire (Rettungsdienst):** `112` *(Use this for life-threatening medical emergencies, accidents, or fires. Valid across the EU).*
- **Police (Polizei):** `110` *(Use this for immediate police assistance, reporting crimes in progress, or dangerous escalations).*
- **Non-Emergency Medical Service (Bereitschaftsdienst):** `116 117` *(A 24/7 service for urgent medical advice or finding an on-call doctor when regular practices are closed. This is not for life-threatening cases).*
- **Poison Control (Giftnotruf):** There are regional centers (e.g., Berlin: `+49 30 19240`, Munich: `+49 89 19240`).

Suicide Prevention & Mental Health Crises

- **TelefonSeelsorge (Crisis Line):** `0800 111 0 111` or `0800 111 0 222` *(Free, anonymous, 24/7. While primarily German, many volunteers speak English—just ask for an "English speaker").*
- **International Helpline Berlin:** `+49 30 44 01 06 07` *(A dedicated English-language crisis line for those in psychological distress).*
- **Krisenchat:** `krisenchat.de` *(A 24/7 psychosocial first-aid chat service specifically for children and young adults under 25, available in English, German, and Ukrainian).*
- **Primary Emergency Response:** In case of an immediate suicide attempt or acute psychiatric danger, dial `112` for an ambulance or `110` for police assistance.

Domestic Violence & Abuse

- **Violence Against Women Helpline (Hilfetelefon):** `116 016` or `08000 116 016` *(A free, anonymous, 24/7 national service. Support is available in **18 languages**, including English, via immediate interpretation).*
- **Violence Against Men Helpline (Hilfetelefon Gewalt an Männern):** `0800 123 9900` *(Specialized support for male victims of domestic or sexual violence).*
- **White Ring (Weisser Ring):** `116 006` *(A nationwide victim support organization for all crime victims, providing legal, emotional, and practical aid).*

- **Child Protection Hotline (Nummer gegen Kummer):** `116 111` *(For children and teens) or* `0800 111 0550` *(For parents).*

Addiction & Substance Abuse Help

- **Addiction & Drug Hotline (Sucht- und Drogenhotline):** `01805 313031` *(A 24/7 national hotline providing guidance for drug, alcohol, and gambling dependency. Note: Call costs apply—approx. 0.14€/min).*
- **Guttempler Addiction Support:** `0180 365 24 07` *(A 24/7 confidential helpline for individuals and families dealing with substance use).*
- **DigiSucht:** `suchtberatung.digital` *(A national portal for anonymous, professional online counseling regarding addiction).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Ambulance) immediately.

Ghana

- Suicide Hotline
    - 2331 444 71279
- Emergency
    - 999

Ghana 🇬🇭

Important Note on Dialing Codes: Ghana's country code is +233. While 112 is the primary national emergency number for all services, specific direct lines (like 191 or 192) are still active. Numbers listed with a + prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **National Emergency Service (Unified):** 112 *(The central toll-free number for Police, Fire, and Ambulance services nationwide).*
- **Police Emergency:** 191 *(Direct legacy line for the Ghana Police Service).*
- **Fire Service:** 192 *(Direct legacy line for the Ghana National Fire Service).*
- **Ambulance Service:** 193 *(Direct legacy line for medical emergencies).*

Suicide Prevention & Mental Health Crises

- **Mental Health Authority Helpline:** `0800 678 678` *(A toll-free, 24/7 national hotline providing confidential support and crisis intervention).*
- **Mental Health Authority (Secondary Line):** `+233 244 846 701` *(Available for crisis support and psychological first aid).*
- **Youth Mental Health Helpline:** `+233 303 932 545` *(Focused specifically on the mental wellbeing of children and adolescents).*
- **Primary Emergency Response:** In the event of an active suicide attempt or severe psychiatric emergency, dial 112 for an ambulance or transport the individual to the **Accra Psychiatric Hospital**, **Pantang Hospital**, or **Ankaful Psychiatric Hospital**.

Domestic Violence & Abuse

- **DOVVSU Helpline (Police):** `055 100 0900` *(The Domestic Violence and Victims Support Unit of the Ghana Police Service. This dedicated line is for reporting abuse and requesting immediate intervention).*
- **Helpline of Hope:** `0800 800 800` or `0800 900 900` *(A social protection hotline managed by the Ministry of Gender. It handles reports of child abuse, human trafficking, and domestic violence).*
- **Orange Support Centre:** `0800 111 222` *(A specialized center providing integrated support for survivors of sexual and gender-based violence).*
- **Emergency Police Intervention:** For immediate physical danger, dial 112 or 191.

Addiction & Substance Abuse Help

- **Narcotics Control Commission (NACOC):** +233 302 761 035 *(Provides information on drug prevention and can guide individuals to state-authorized rehabilitation centers).*
- **Mental Health Authority:** 0800 678 678 *(The national mental health line also serves as a primary intake point for those seeking help with substance use disorders).*
- **Helpline of Hope:** 0800 800 800 *(Used for general social welfare concerns, including addiction-related family crises).*
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, dial 112 or 193 (Ambulance) immediately.

Greece 🇬🇷

Important Note on Dialing Codes: Greece's country code is `+30`. Emergency numbers like `100`, `166`, `199`, and `112` are local numbers to be dialed exactly as shown within Greece. While operators on the `112` line are generally multilingual (Greek, English, French), legacy lines like `100` or `166` may primarily be staffed by Greek speakers.

General Emergency Numbers

- **Unified European Emergency:** `112` *(The primary contact for any emergency; integrates police, fire, ambulance, and coast guard. Highly recommended for non-Greek speakers).*
- **Police (Astynomia):** `100` *(Direct line for immediate police intervention or reporting crimes).*
- **Ambulance (EKAV):** `166` *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade (Pyrosvestiki):** `199`
- **Coast Guard (Limeniko):** `108` *(Critical for maritime emergencies given Greece's vast coastline).*
- **Tourist Police:** `1571` *(Specifically for assisting travelers with issues like theft, lost documents, or merchant disputes; usually offers multi-language support).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Helpline (KLIMAKA):** `1018` *(A 24/7 free and anonymous national hotline providing crisis intervention and support for individuals in emotional distress).*
- **National Psychosocial Support Line:** `10306` *(A free, 24/7 national service offering psychological support for the general public, parents, and children).*
- **The Smile of the Child (National Helpline):** `1056` *(A 24/7 helpline for children and adolescents in distress).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `166` (Ambulance) or `112` immediately.

Domestic Violence & Abuse

- **National SOS Helpline for Women Victims of Violence:** `15900` *(A free, 24/7 national hotline. Staffed by psychologists and sociologists, it provides immediate support, counseling, and coordination with safe shelters).*

- **Panic Button (App):** Greece has introduced a "Panic Button" smartphone app for high-risk victims of domestic violence to alert police silently. It is available via local police departments and counseling centers.
- **The Smile of the Child (Abuse Reporting):** `1056` *(The primary line for reporting child abuse or neglect).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `100` or `112`. The Hellenic Police have specialized **Domestic Violence Offices** located throughout the country.

Addiction & Substance Abuse Help

- **OKANA Helpline (Organization Against Drugs):** `1031` *(A 24/7 helpline providing immediate information, psychological support, and referrals to prevention and treatment programs across Greece).*
- **KETHEA Helpline:** `1145` *(Operated by the Therapy Center for Dependent Individuals, providing support for drug, alcohol, and internet addiction).*
- **KETHEA Gambling Line:** `1114` *(Specialized support for gambling addiction).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `166` (Ambulance) or `112` immediately.

Grenada 🇬🇩

> **Important Note on Dialing Codes:** Grenada's country code is `+1-473`. Shorter emergency numbers (such as `911`, `434`, or `111`) are local numbers meant to be dialed exactly as they appear when you are physically located on the island. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **General Emergency (Police, Fire, Ambulance):** `911` *(The primary dispatch for all life-threatening emergencies).*
- **Police Headquarters (St. George's):** `+1 473 440-3999` *(Direct line for non-emergency police assistance).*
- **Coast Guard:** `+1 473 444-1931` *(Critical for maritime emergencies and inter-island transit).*
- **Hospital Emergency (St. George's):** `+1 473 440-2051`

Suicide Prevention & Mental Health Crises

- **Grenada Mental Health Association (GMHA) Helpline:** `+1 473 410-6372` *(Provides emotional support and crisis intervention for individuals in distress).*
- **Psychosocial Support Helpline:** `+1 473 440-2731` *(Operated via the Ministry of Social Development and Housing).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or if a suicide attempt is in progress, dial `911` or transport the individual directly to the **Mt. Gay Psychiatric Hospital** or the General Hospital in St. George’s.

Domestic Violence & Abuse

- **Ministry of Social Development (Social Services):** `+1 473 440-7952` *(The primary governmental contact for reporting domestic violence and seeking social intervention).*
- **Liguane Resource Centre (Safe House):** `+1 473 440-3444` *(Provides shelter referrals and counseling for women escaping domestic abuse).*
- **GRENED (Grenada Education and Development Fund):** `+1 473 442-6277` *(Often provides community-based support and resources for vulnerable families).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `911`. The Royal Grenada Police Force handles domestic violence through specialized units trained in victim sensitivity.

Addiction & Substance Abuse Help

- **Rathdune Psychiatric Unit (Detoxification):** `+1 473 440-2051` *(Located at the General Hospital, providing medical detox and initial stabilization for substance dependency).*
- **Carleton Rehabilitation Centre:** `+1 473 444-3859` *(The primary public facility for long-term addiction treatment and rehabilitation guidance).*
- **Drug Control Secretariat:** `+1 473 440-7906` *(Provides public information on addiction resources and prevention programs).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations related to substances, dial `911` (Ambulance) immediately.

Guatemala 🇬🇹

> **Important Note on Dialing Codes:** Guatemala's country code is +502. Emergency numbers like 110, 122, and 123 are local three-digit numbers. Specialized hotlines like 1572 and 1545 are also local. If you are calling from a foreign SIM, you may need to ensure you are connected to a local network to use these shortcodes.

General Emergency Numbers

- **National Civil Police (PNC):** 110 *(The primary number for security and reporting crimes).*
- **Volunteer Fire Department (Bomberos Voluntarios):** 122 *(The most widespread emergency medical and fire service in the country).*
- **Municipal Fire Department (Bomberos Municipales):** 123 *(Primary medical and fire response within Guatemala City).*
- **Tourist Assistance (PROATUR):** 1500 *(A 24/7 toll-free line for tourists providing emergency assistance, information, and security escorts. Operators typically speak* ***English and Spanish****).*
- **Red Cross (Cruz Roja):** 125 *(Available 24/7 for medical emergencies).*

Suicide Prevention & Mental Health Crises

- **Suicide Prevention Hotline (Línea de Prevención del Suicidio):** +502 5392-5953 *(A dedicated line offering crisis intervention and emotional support).*
- **Alerta Joven Mental Health Line:** 1503 *(A 24/7 free and confidential hotline providing support for individuals experiencing mental health crises or suicidal thoughts).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 122 or 123 for an ambulance.

Domestic Violence & Abuse

- **Women's Hotline (Línea de la Mujer - Public Prosecutor):** 1572 *(A 24/7 national hotline operated by the Ministerio Público for reporting violence against women and receiving immediate guidance. Available in* ***English and Spanish****).*
- **Survivor Foundation (Fundación Sobrevivientes):** +502 2245-3000 *(A renowned NGO providing legal, psychological, and social support for victims of domestic and sexual violence).*
- **Child and Adolescent Protection (PGN):** 1584 *(The primary line for reporting the abuse or neglect of minors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 110.

Addiction & Substance Abuse Help

- **SECCATID (Drug Prevention and Counseling):** 1545 *(The national hotline for the Executive Secretariat of the Commission against Drug Addiction and Illicit Trafficking. It provides information, prevention advice, and referrals to treatment centers).*
- **Alcoholics Anonymous (AA) Guatemala:** +502 2253-1202 *(Provides 24/7 orientation for individuals seeking help with alcohol dependency).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations involving substances, dial 122 or 123 (Ambulance) immediately.

Guinea 🇬🇳

> **Important Note on Dialing Codes:** Guinea's country code is +224. Shorter emergency numbers (such as 117, 118, or 121) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country.
> **Safety Note:** Outside of Conakry, emergency response can be extremely limited; in many cases, arranging private transport to a clinic or contacting a local "Gendarmerie" station is the most effective course of action.

General Emergency Numbers

- **Police:** 117 *(Direct dispatch for the National Police).*
- **Fire Brigade (Sapeurs-Pompiers):** 118 *(Primarily active in Conakry and major urban hubs).*
- **Civil Protection / Gendarmerie:** 121 *(Often used for road accidents and rural security).*
- **Ambulance (Red Cross / Croix-Rouge Guinéenne):** +224 628 40 83 83 *(The Red Cross is a primary provider of emergency transport and first aid).*

Suicide Prevention & Mental Health Crises

- *Guinea does not currently operate a dedicated national three-digit suicide prevention hotline. Mental health services are managed through the public hospital system.*
- **Primary Emergency Response:** For acute psychiatric emergencies, individuals are typically taken to the **Donka National Hospital** in Conakry, which houses the country's main psychiatric department.
- **Immediate Danger:** If there is an immediate threat of self-harm, contact the Police at 117 or transport the individual directly to the nearest hospital emergency room.

Domestic Violence & Abuse

- **OPROGEM (Police Unit for Women and Children):** +224 622 03 10 40 *(The Office for the Protection of Gender, Children, and Morals is the specialized police branch for reporting domestic violence and sexual assault).*
- **National Child Protection Line:** 116 *(A free national helpline for reporting child abuse, neglect, or exploitation).*
- **Association des Femmes Guinéennes pour la Recherche et le Développement (AFGRD):** Provides advocacy and social support for women experiencing violence in the home.
- **Emergency Police Intervention:** If there is an immediate threat to life, dial 117.

Addiction & Substance Abuse Help

- *Guinea does not have a dedicated national hotline exclusively for addiction. Substance use treatment is integrated into general psychiatric care.*
- **First Point of Contact:** Individuals seeking help for substance dependency are encouraged to visit the psychiatric unit at **Donka National Hospital** for assessment and inpatient or outpatient guidance.
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, transport the individual directly to the nearest hospital emergency department or contact the Red Cross at +224 628 40 83 83.

Here is the information for **Guinea-Bissau**, maintaining the exact formatting for your document.

Emergency services in Guinea-Bissau are extremely limited and concentrated almost entirely in the capital, Bissau. There are no dedicated three-digit national hotlines for mental health or addiction; response is primarily managed through the National Police and the main public hospital.

Guinea-Bissau 🇬🇼

> **Important Note on Dialing Codes:** Guinea-Bissau's country code is +245. Shorter emergency numbers (such as 117 or 118) are local numbers meant to be dialed exactly as they appear when you are physically located inside the country. **Safety Note:** Response times for ambulances and police can be extremely slow or non-existent in rural areas. Private transport to a medical facility is often the only reliable option in an emergency.

General Emergency Numbers

- **Police (Polícia de Ordem Pública):** 117 or 121 *(The primary contact for security and crime reporting).*
- **Fire Brigade / Ambulance:** 118 *(Primarily active in Bissau; the fire department often doubles as the medical transport service).*
- **Simão Mendes National Hospital:** +245 966 61 00 00 *(The main referral hospital in Bissau for all medical emergencies).*

Suicide Prevention & Mental Health Crises

- *Guinea-Bissau does not currently have a dedicated national suicide prevention hotline. Mental health resources are severely limited.*
- **Primary Emergency Response:** For acute psychiatric emergencies, individuals are typically taken to the psychiatric ward of the **Simão Mendes National Hospital** in Bissau.
- **Immediate Danger:** If there is an immediate threat of self-harm, contact the Police at 117 or transport the individual directly to the nearest hospital emergency room.

Domestic Violence & Abuse

- *There is no centralized, three-digit state hotline specifically for domestic abuse. Support is provided through specialized police units and local NGOs.*

- **Women and Children Protection Unit (UMC):** Victims can request assistance from this specialized branch of the National Police in Bissau for cases of domestic violence or sexual assault.
- **AMIC (Association of Friends of Children):** `+245 955 80 50 16` *(A prominent NGO that provides support, mediation, and protection for children and families experiencing abuse).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `117`.

Addiction & Substance Abuse Help

- *Guinea-Bissau does not operate a dedicated national hotline for addiction. Substance use treatment is integrated into general medical care.*
- **First Point of Contact:** Individuals seeking help for substance dependency are encouraged to visit the **Simão Mendes National Hospital** for a medical assessment and referral to available psychiatric support.
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, transport the individual directly to the nearest hospital emergency department or call `118` if in the Bissau area.

Here is the information for **Guyana**, maintaining the exact formatting for your document.

Guyana has made significant strides in suicide prevention and mental health awareness, establishing one of the most active and well-publicized national crisis lifelines in the Caribbean region.

Guyana 🇬🇾

Important Note on Dialing Codes: Guyana's country code is `+592`. Shorter emergency numbers (such as `911`, `912`, or `913`) and specialized hotlines (like `914` or `600-7896`) are local numbers meant to be dialed exactly as they appear when you are physically located inside Guyana. Numbers listed with a `+` prefix require you to use your phone's international dialing feature.

General Emergency Numbers

- **Police:** `911` *(The primary nationwide number for security and reporting crimes).*
- **Ambulance:** `913` *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Service:** `912`
- **Police Complaints:** `+592 226-1389` *(For reporting non-emergency issues or misconduct).*

Suicide Prevention & Mental Health Crises

- **Inter-Agency Suicide Prevention Helpline:** `223-0001`, `223-0009`, `600-7896`, or `621-6111` *(These are 24/7 free and confidential lines providing immediate emotional support and crisis intervention. They are also accessible via **WhatsApp**).*
- **National Care Life Line:** `223-0001` *(A dedicated service under the Ministry of Health for mental health support).*
- **GPHC Psychiatry Department:** `+592 227-8245` *(The Georgetown Public Hospital Corporation is the primary facility for acute psychiatric care).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `913` (Ambulance) or `911` immediately.

Domestic Violence & Abuse

- **Domestic Violence & Sexual Offence Hotline:** `914` *(A 24/7 toll-free national hotline launched by the Ministry of Human Services. It allows victims to report abuse and receive immediate connection to help, including police intervention and shelter referrals).*

- **Childlink Guyana:** `+592 227-2092` *(A prominent NGO providing counseling and support for children experiencing abuse or neglect).*
- **Help & Shelter:** `+592 225-4731` or `+592 227-8353` *(Provides a crisis service and safe house for victims of domestic and sexual violence).*
- **Emergency Police Intervention:** If there is an immediate threat to life, dial `911`. The Guyana Police Force has a specialized "Domestic Violence Policy" to prioritize these calls.

Addiction & Substance Abuse Help

- **Phoenix Recovery Project:** `+592 220-6825` *(A leading non-governmental drug rehabilitation center providing information and residential treatment programs).*
- **Salvation Army Drug Rehabilitation:** `+592 226-5358` *(Provides long-term residential treatment for men struggling with addiction).*
- **Ministry of Health (Substance Abuse Unit):** `+592 223-7138` *(Offers guidance on public outpatient services and detoxification).*
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, dial `913` (Ambulance) or transport the individual directly to the emergency room at **Georgetown Public Hospital**.

Haiti 🇭🇹

Important Note on Dialing Codes: Haiti's country code is `+509`. Emergency numbers like `114`, `116`, and `3838` are local numbers. **Safety Note:** Due to ongoing civil unrest, traditional emergency response (Police/Ambulance) may be severely delayed or unavailable in certain "red zones" of Port-au-Prince. In many cases, contacting the nearest hospital or international NGO clinic directly is the most effective course of action.

General Emergency Numbers

- **National Police (PNH):** `114` *(Primary number for security and reporting crimes).*
- **Ambulance (Centre Ambulancier National):** `116` *(The primary state-run ambulance dispatch).*
- **Haiti Air Ambulance:** `+509 3838 1111` *(A reliable emergency medical dispatch and helicopter transport service).*
- **Fire Brigade (Sapeurs-Pompiers):** `115`
- **Red Cross (Croix-Rouge Haïtienne):** `+509 2813 1333`

Suicide Prevention & Mental Health Crises

- **National Mental Health Support Line:** `+509 2919 9000` *(Provides psychological support and crisis counseling. Note: Operating hours may vary based on the local situation).*
- **Zanmi Lasante (Partners In Health):** `+509 2811 5000` *(Operates mental health clinics and provides crisis support in the Central Plateau and Artibonite regions).*
- **Primary Emergency Response:** For acute psychiatric emergencies, individuals are typically taken to the **Mars and Kline Psychiatric Hospital** in Port-au-Prince, though facility capacity is currently limited.
- **Immediate Danger:** If there is a threat of self-harm, contact the Ambulance service at `116` or transport the individual to the nearest functioning hospital emergency department.

Domestic Violence & Abuse

- **KAY FANM (Women's House):** `+509 2222 5555` *(A prominent NGO providing a 24/7 hotline for women victims of violence, offering psychological support, legal aid, and safe house referrals).*
- **SOFA (Solidarite Fanm Ayisyen):** `+509 2940 0751` *(Provides counseling and support for survivors of domestic and sexual violence).*
- **Child Protection (IBESR):** `133` *(The national toll-free number for reporting child abuse, neglect, or trafficking).*

- **Emergency Police Intervention:** For immediate physical danger, dial 114. Victims can also seek help at **MSF (Doctors Without Borders)** clinics, which specialize in treating survivors of sexual violence.

Addiction & Substance Abuse Help

- *Haiti does not have a dedicated national three-digit hotline for addiction. Treatment is managed through private clinics and general psychiatric services.*
- **First Point of Contact:** Individuals seeking help for substance dependency are encouraged to visit **Mars and Kline Psychiatric Hospital** or contact local NGOs for a referral to available detoxification and support services.
- **Emergency Medical Overdose:** For life-threatening medical situations involving substances, dial 116 (Ambulance) or 3838-1111 immediately, or transport the individual to the nearest hospital.

Honduras 🇭🇳

Important Note on Dialing Codes: Honduras' country code is `+504`. The primary emergency number `911` is a local three-digit number. Specialized hotlines like `114` or `143` are also local. The **911 Honduras** mobile app is available and allows users to send their GPS location directly to the dispatch center during an emergency call.

General Emergency Numbers

- **National Emergency System (Unified):** `911` *(The primary toll-free number for Police, Ambulance, Fire, and Transit emergencies nationwide).*
- **Red Cross (Cruz Roja Hondureña):** `195` *(Direct line for medical emergencies and ambulance services).*
- **Fire Department (Bomberos):** `198` *(Direct legacy line for fire and rescue).*
- **Police (Non-Emergency):** `2237-1400` *(General inquiries and administrative police matters).*

Suicide Prevention & Mental Health Crises

- **Telephone of Hope (Teléfono de la Esperanza):** `150` or `2232-1314` *(A free, 24/7 national hotline providing anonymous emotional support and crisis intervention for individuals in distress or having suicidal thoughts).*
- **Mental Health Hotline (Secretariat of Health):** `+504 2216-3000` *(Provides guidance on public mental health resources and psychiatric care).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` immediately for medical and security assistance.

Domestic Violence & Abuse

- **Women's Emergency Line (Línea 114):** `114` *(A dedicated, specialized 24/7 hotline for women victims of violence. It is integrated into the 911 system but provides specifically trained operators to handle domestic and sexual abuse cases).*
- **Public Prosecutor's Office (Ministerio Público):** `+504 2221-3099` *(To report crimes of violence and receive legal orientation).*
- **Dinaf (Child and Family Protection):** `110` *(A dedicated line for reporting child abuse, neglect, or the violation of minors' rights).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `911` or `114`.

Addiction & Substance Abuse Help

- **IHADFA (Honduran Institute for the Prevention of Alcoholism and Drug Addiction):** +504 2239-4981 *(The primary government body providing information, prevention advice, and referrals to detoxification and rehabilitation centers).*
- **Alcoholics Anonymous (AA) Honduras:** +504 2237-4545 *(Offers 24/7 support and orientation for individuals seeking help with alcohol dependency).*
- **Proyecto Victoria:** +504 2224-2111 *(A well-known non-governmental rehabilitation center providing residential treatment and support).*
- **Emergency Medical Overdose:** For immediate, life-threatening medical situations involving substances, dial 911 or 195 (Red Cross) immediately.

Hungary 🇭🇺

Important Note on Dialing Codes: Hungary's country code is `+36`. Emergency numbers like `104`, `105`, `107`, and `112` are local numbers to be dialed exactly as shown within Hungary. For non-Hungarian speakers, the `112` operators are trained to handle calls in **English and German**.

General Emergency Numbers

- **Unified European Emergency:** `112` *(The primary number for any emergency; coordinates all rescue services).*
- **Ambulance (Mentők):** `104` *(Direct line for the National Ambulance Service; use this for immediate medical distress).*
- **Police (Rendőrség):** `107` *(Direct line for reporting crimes or requiring police intervention).*
- **Fire Brigade (Tűzoltók):** `105`
- **Tourist Police (Budapest):** `+36 1 438 8080` *(A 24/7 service specifically for foreign citizens to report crimes or seek assistance).*

Suicide Prevention & Mental Health Crises

- **National Crisis Telephone Service (Lelki Elsősegély):** `116 123` *(A free, anonymous, 24/7 national hotline for individuals in emotional distress or having suicidal thoughts. Part of the European harmonized number system).*
- **Youth Crisis Line (Kék Vonal):** `116 111` *(A dedicated 24/7 hotline for children and young adults up to age 24. Also accessible via chat at* `kek-vonal.hu`*).*
- **Caritas Support Line:** `06 80 505 505` *(A free, 24/7 spiritual and emotional support line).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `104` (Ambulance) or `112` immediately.

Domestic Violence & Abuse

- **National Crisis Management and Information Center (OKIT):** `06 80 20 55 20` *(A free, 24/7 national hotline for victims of domestic violence and human trafficking. It provides information on safe shelters and legal rights).*
- **NANE (Women for Women Together Against Violence):** `06 80 505 101` *(A specialized NGO hotline for women experiencing violence; available Monday, Tuesday, Thursday, and Friday evenings).*
- **Patent Association:** `06 80 505 190` *(Provides legal aid and counseling for women and children experiencing domestic abuse).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `107` or `112`.

Addiction & Substance Abuse Help

- **National Drug Helpline (Drogsegély):** `13700` *(A free, anonymous hotline providing support and information regarding drug and alcohol dependency. Available weekdays from 9 AM to 7 PM).*
- **Gambling Addiction Hotline:** `06 1 299 4000` *(Operated by the ELTE Psychology department in collaboration with the state lottery, providing 24/7 support).*
- **Nyírő Gyula National Institute of Psychiatry and Addictology:** `+36 1 451 2600` *(The primary national center for detoxification and inpatient rehabilitation).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `104` (Ambulance) or `112` immediately.

Iceland 🇮🇸

Important Note on Dialing Codes: Iceland's country code is `+354`. The primary emergency number `112` is a local three-digit number. For non-emergencies, the police can be reached at `444 1000`. The **112 Iceland** app is highly recommended for hikers and travelers, as it allows you to leave a "breadcrust" trail of your GPS coordinates for search and rescue.

General Emergency Numbers

- **Unified Emergency Service (Police, Fire, Ambulance):** `112` *(The only number for all life-threatening emergencies. Operators are multilingual and typically speak* ***English, Icelandic, and Danish****).*
- **Health Care Services (Non-Emergency):** `1700` *(A 24/7 service for medical advice and finding the nearest out-of-hours clinic).*
- **Search and Rescue (ICE-SAR):** Accessed via `112` *(Essential for weather-related emergencies or becoming lost in the highlands).*

Suicide Prevention & Mental Health Crises

- **Red Cross Helpline:** `1717` *(A free, anonymous, 24/7 national hotline for anyone experiencing emotional distress, loneliness, or suicidal thoughts. You can also chat online at* `1717.is`*).*
- **Píeta Association (Píeta-samtökin):** `552 2218` *(A specialized NGO providing 24/7 free service for those with suicidal thoughts and self-harming behavior).*
- **Heilsugæslan (Mental Health Team):** `+354 513 5000` *(Available during business hours for psychiatric assessments).*
- **Primary Emergency Response:** For acute, life-threatening psychiatric emergencies or active suicide attempts, dial `112` immediately.

Domestic Violence & Abuse

- **Women's Shelter (Kvennaathvarf):** `561 1205` *(A 24/7 hotline and shelter for women and their children escaping domestic or sexual violence. They provide support in multiple languages).*
- **112 (Domestic Violence Protocol):** Dialing `112` triggers a specialized "Bjarkarhlíð" protocol where police and social workers coordinate an immediate safety plan.
- **Stígamót:** `562 6868` *(A counseling center for survivors of sexual violence).*
- **Child Welfare (Barnavernd):** Accessed via `112` *(To report child abuse or neglect outside of business hours).*

Addiction & Substance Abuse Help

- **SÁÁ (National Association of Addiction Treatment):** 530 7600 *(The primary provider for detox and rehabilitation in Iceland. They offer a 24/7 intake assessment at the Vogur Hospital).*
- **Red Cross Helpline:** 1717 *(Provides initial emotional support and orientation for those struggling with substance use or their family members).*
- **Alcoholics Anonymous (AA) Iceland:** 551 6373
- **Emergency Medical Overdose:** For any drug-related medical crisis or loss of consciousness, dial 112 (Ambulance) immediately.

India 🇮🇳

Important Note on Dialing Codes: India's country code is +91. The unified emergency number 112 is the primary point of contact. While many operators in major cities speak **English and Hindi**, regional languages are used at the state level. In addition to calling, the **112 India** mobile app is highly recommended for its "SHOUT" feature, which alerts nearby volunteers and police to your GPS location.

General Emergency Numbers

- **National Unified Emergency (Police, Fire, Ambulance):** 112 *(The primary toll-free number for all life-threatening emergencies).*
- **Police (Legacy):** 100
- **Fire Brigade (Legacy):** 101
- **Ambulance (Legacy/Public):** 102
- **Centralized Accident & Trauma Services (CATS):** 1099 *(Mainly active in Delhi and major metros).*

Suicide Prevention & Mental Health Crises

- **Tele MANAS (National Mental Health Helpline):** 14416 or 1800-891-4416 *(A free, 24/7 government-run initiative providing comprehensive mental health services in 20 different languages).*
- **KIRAN (Mental Health Rehabilitation):** 1800-599-0019 *(A 24/7 national toll-free helpline launched by the Ministry of Social Justice and Empowerment).*
- **Vandrevala Foundation:** 9999 666 555 *(A 24/7 confidential crisis line providing emotional support via call or WhatsApp).*
- **iCall (TISS):** +91 91529 87821 *(A psychosocial helpline available Monday–Saturday, 8 AM – 10 PM. They provide support in multiple languages).*
- **Primary Emergency Response:** In case of an active suicide attempt or acute psychiatric crisis, dial 112 or 102 for an ambulance.

Domestic Violence & Abuse

- **Women's Helpline (National):** 181 *(A 24/7 toll-free, confidential telecom service for women affected by violence, providing immediate response and referral to shelters).*
- **Police Helpline for Women:** 1091 *(Specifically for reporting violence, harassment, or seeking immediate police protection).*
- **NCW (National Commission for Women):** 7827170170 *(A 24/7 helpline for reporting domestic violence).*

- **Childline India:** `1098` *(A 24/7 free emergency phone service for children in need of aid and assistance).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112` or `100`.

Addiction & Substance Abuse Help

- **National Toll-Free Drug De-addiction Helpline:** `1800-11-0031` *(Operated by the Ministry of Social Justice and Empowerment to provide counseling and information on rehabilitation centers).*
- **Nasha Mukt Bharat Abhiyaan:** Provides regional support and awareness. Information on state-run de-addiction centers can be found via the `14416` (Tele MANAS) line.
- **Alcoholics Anonymous (AA) India:** `+91 80 4164 1210` *(Centralized contact for finding local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` or `102` (Ambulance) immediately.

Indonesia 🇮🇩

Important Note on Dialing Codes: Indonesia's country code is +62. The unified emergency number 112 is toll-free and accessible even without a SIM card or with a locked phone. While 112 is the goal for all regions, many areas still rely on the three-digit legacy codes (110, 118, 113). Services are primarily in **Bahasa Indonesia**, though English speakers are available in major tourist hubs like Bali and Jakarta.

General Emergency Numbers

- **Unified Emergency Service (Panggilan Darurat):** 112 *(The primary contact for police, medical, and fire emergencies in most major cities).*
- **Police (Polisi):** 110 *(Direct legacy line for security and reporting crimes).*
- **Ambulance (Ambulans/Gawat Darurat):** 118 or 119 *(Direct legacy lines for medical emergencies).*
- **Fire Brigade (Pemadam Kebakaran):** 113
- **Search and Rescue (BASARNAS):** 115 *(Critical for maritime or natural disaster emergencies).*
- **Tourist Police (Bali):** +62 361 751598

Suicide Prevention & Mental Health Crises

- **Ministry of Health Hotline (Layanan Sehat Jiwa):** 119 (Extension 9) *(A government-run national hotline providing mental health support and crisis intervention).*
- **LISA (Love Inside Suicide Awareness):** +62 811 3855 472 (English) or +62 811 3813 549 (Indonesian) *(A 24/7 helpline specifically offering support in English and Indonesian for those in distress).*
- **Into the Light Indonesia:** intothelightid.org *(While they do not operate a call-in hotline, they provide an extensive directory of suicide prevention resources and satellite clinics).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 118 or 112 for an ambulance.

Domestic Violence & Abuse

- **SAPA 129 (Ministry of Women Empowerment):** 129 *(A dedicated national hotline for reporting violence against women and children. It is also accessible via WhatsApp at +62 811 1129 129).*
- **Komnas Perempuan (National Commission on Violence Against Women):** +62 21 390 3963 *(Provides information and advocacy for victims).*

- **P2TP2A:** These are integrated service centers for the empowerment of women and children found in almost every province and district for local shelter and legal aid.
- **Emergency Police Intervention:** If you are in immediate danger, dial `110` or `112`.

Addiction & Substance Abuse Help

- **BNN (National Narcotics Board) Hotline:** `184` *(The primary national number for information on drug prevention and rehabilitation services).*
- **Layanan Rehabilitasi BNN:** `+62 812 2167 5666` *(A dedicated WhatsApp/Call line for individuals seeking voluntary rehabilitation).*
- **Alcoholics Anonymous (AA) Indonesia:** `+62 812 3636 712` *(Centralized contact for meetings in Bali and Jakarta).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `118` or `119` (Ambulance) immediately.

Iran 🇮🇷

Important Note on Dialing Codes: Iran's country code is `+98`. Emergency numbers like `110`, `115`, `123`, and `125` are local numbers to be dialed exactly as shown within Iran. While operators primarily speak **Farsi**, in major cities and tourist areas, there is increasing availability of English-speaking dispatchers.

General Emergency Numbers

- **Police (Police-e-Pishgiri):** `110` *(The primary number for security, reporting crimes, and general emergencies. This is often the first point of contact for any urgent situation).*
- **Ambulance (EMS):** `115` *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade (Atash-neshani):** `125`
- **Red Crescent (Helal-e-Ahmar):** `112` *(Primarily used for road accidents, mountain rescues, and natural disasters).*

Suicide Prevention & Mental Health Crises

- **Social Emergency Service (Behzisti):** `123` *(A 24/7 free national hotline providing immediate psychological support and crisis intervention. They can dispatch mobile social units to provide on-site assistance).*
- **State Welfare Organization Hotline:** `1480` *(A free, anonymous tele-counseling service available daily from 8 AM to 8 PM for emotional distress and family issues).*
- **Suicide Prevention Line:** `1544` *(A dedicated line specifically for those experiencing suicidal thoughts).*
- **Primary Emergency Response:** For an acute, life-threatening psychiatric crisis or active suicide attempt, dial `115` (Ambulance) or `123` (Social Emergency) immediately.

Domestic Violence & Abuse

- **Social Emergency (Domestic Violence):** `123` *(This is the primary national number for reporting domestic violence, child abuse, and elder neglect. Operators are trained to provide protection and can coordinate with "Safe Houses" managed by the State Welfare Organization).*
- **Police Intervention:** `110` *(For immediate physical danger or to report a violent crime in progress).*
- **Legal Support:** Victims are often referred via the 123 service to specialized legal clinics that handle gender-based violence cases within the Iranian judicial framework.

Addiction & Substance Abuse Help

- **National Drug Helpline (Khat-e-Meli):** `09628` *(A free, anonymous national hotline providing 24/7 information on addiction, detoxification centers, and rehabilitation programs across the country).*
- **Rehabilitation Centers (Behzisti):** The State Welfare Organization operates numerous "Drop-in Centers" and residential rehabs. Information on the nearest facility can be obtained by calling `123` or `09628`.
- **Congress 60:** A large, non-governmental organization providing peer-led recovery for drug and alcohol addiction throughout Iran.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `115` (Ambulance) immediately.

Iraq 🇮🇶

Important Note on Dialing Codes: Iraq's country code is +964. Emergency numbers like 911, 115, 122, and 119 are local numbers to be dialed exactly as shown within Iraq. While operators primarily speak **Arabic and Kurdish**, English-speaking dispatchers may be available through the central emergency lines in major cities or through international NGO support lines.

General Emergency Numbers

- **South and Central Iraq (Unified):** 911 *(The primary number for Police, Ambulance, and Fire services in the majority of Iraq).*
- **Kurdistan Region (Police):** 104 *(Direct line for the local police in Erbil, Sulaymaniyah, and Duhok).*
- **Ambulance (National):** 122 *(Direct dispatch for medical emergencies).*
- **Fire Brigade:** 115
- **Civil Defence:** 124

Suicide Prevention & Mental Health Crises

- **Iraq Crisis Helpline:** 122 *(While also used for ambulances, this line serves as a primary national point for mental health crisis intervention).*
- **Kurdistan Mental Health Hotline:** 122 *(A dedicated line in the Kurdistan Region providing 24/7 psychological support and crisis counseling).*
- **SEMA Foundation for Mental Health:** +964 750 309 6649 *(A specialized service providing psychosocial support, particularly for displaced persons and refugees; typically available 9 AM – 6 PM).*
- **Primary Emergency Response:** For an acute, life-threatening psychiatric crisis or active suicide attempt, dial 122 (National) or 911 (South/Central) immediately for emergency medical assistance.

Domestic Violence & Abuse

- **Kurdistan Family Protection Hotline:** 119 *(A 24/7 free service dedicated to victims of domestic violence and family challenges in the Kurdistan Region. It provides legal, social, and psychological guidance).*
- **Child Protection Hotline (KRI):** 116 *(A dedicated line for reporting child abuse, neglect, or child-related psychosocial issues in the Kurdistan Region).*
- **Asuda Hotline:** +964 53 339 0840 *(Operated by the Asuda organization, providing confidential support and protection for women and girls who are survivors of gender-based violence).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `911` (South/Central) or `104` (Kurdistan).

Addiction & Substance Abuse Help

- *Iraq does not currently operate a dedicated, national three-digit hotline exclusively for addiction. Substance use treatment is managed through the public health and psychiatric systems.*
- **Ministry of Health (Mental Health Unit):** For information on detoxification and rehabilitation services, individuals are encouraged to visit the **Ibn Rushd Psychiatric Hospital** in Baghdad or the psychiatric departments of major regional hospitals.
- **Drug Free Iraq (NGO):** A local organization providing awareness and advocacy; they can be reached for guidance on finding local recovery resources.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `122` (Ambulance) or `911` immediately.

Ireland 🇮🇪

Important Note on Dialing Codes: Ireland's country code is +353. The primary emergency numbers 112 and 999 are identical in function and can be dialed interchangeably within the Republic of Ireland. For non-emergencies, the local police (Gardaí) can be reached via their local station numbers.

General Emergency Numbers

- **Unified Emergency Service (Police, Fire, Ambulance):** 112 or 999 *(The primary contact for all life-threatening emergencies. Operators speak **English and Irish**, and translation services for other languages are available).*
- **Irish Coast Guard:** 112 or 999 *(Ask for Coast Guard for maritime, cliff, or mountain rescues).*
- **Garda Confidential Line:** 1800 666 111 *(For reporting crime information anonymously).*
- **HSE Live (Non-Emergency Health):** 1800 700 700 *(General health information and finding local services).*

Suicide Prevention & Mental Health Crises

- **Samaritans Ireland:** 116 123 *(A free, 24/7 national hotline providing confidential emotional support for anyone in distress or struggling to cope).*
- **Pieta:** 1800 247 247 *(A specialized 24/7 crisis helpline for people experience suicidal ideation or engaging in self-harm. You can also text **HELP** to 51444).*
- **Aware:** 1800 80 48 48 *(Support for depression and bipolar disorder, available 10 AM – 10 PM).*
- **Childline (ISPCC):** 1800 666 666 *(24/7 support for children and young people. Text **TALK** to 50101).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 999 or 112 immediately.

Domestic Violence & Abuse

- **Women's Aid:** 1800 341 900 *(A 24/7 free national hotline for women experiencing domestic violence. It provides support, information, and links to local refuges).*
- **Male Room (Men's Aid):** 01 554 3811 *(Specialized support for men experiencing domestic abuse).*
- **Dublin Rape Crisis Centre:** 1800 77 88 88 *(A 24/7 national helpline for survivors of sexual violence).*

- **Tusla (Child and Family Agency):** To report child abuse or neglect during business hours. Outside of hours, contact the **Gardaí** via 999.
- **Emergency Police Intervention:** If you are in immediate danger, dial 999 or 112. Ask for the **Gardaí**.

Addiction & Substance Abuse Help

- **HSE Drugs & Alcohol Helpline:** 1800 459 459 *(A free, confidential service providing information and support for drug or alcohol issues. Available Monday–Friday, 9:30 AM – 5:30 PM).*
- **Narcotics Anonymous (NA) Ireland:** 01 672 8000 *(24/7 helpline for information on local recovery meetings).*
- **Alcoholics Anonymous (AA) Ireland:** 01 842 0700 *(National office for meeting information and peer support).*
- **Emergency Medical Overdose:** For any drug-related medical crisis or loss of consciousness, dial 999 or 112 (Ambulance) immediately.

Israel 🇮🇱

Important Note on Dialing Codes: Israel's country code is `+972`. Emergency numbers like `100`, `101`, and `102` are local three-digit numbers. For non-emergencies, the national police information line is `110`. Services are widely available in **Hebrew, Arabic, English, and Russian**.

General Emergency Numbers

- **Police (Mishtara):** `100` *(The primary contact for security and reporting crimes).*
- **Ambulance (Magen David Adom - MDA):** `101` *(The national medical emergency and blood bank service).*
- **United Hatzalah:** `1221` *(A fully volunteer emergency medical service that often provides the fastest first-response via "ambucycles").*
- **Fire Brigade (Kaba):** `102`
- **Home Front Command:** `104` *(Critical for information during security escalations or natural disasters).*

Suicide Prevention & Mental Health Crises

- **ERAN (Emotional First Aid):** `1201` *(A 24/7 free and anonymous national hotline providing emotional support and suicide prevention. Support is available in Hebrew, Arabic, English, and Russian).*
- **Sahar (Support and Listening on the Net):** `sahar.org.il` *(Provides online chat-based crisis intervention and emotional support).*
- **Crossroads Israel:** `+972 54 664 4330` *(Specialized 24/7 crisis support for English-speaking teens and young adults in Israel).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `101` (Ambulance) or `100` (Police) immediately.

Domestic Violence & Abuse

- **Ministry of Welfare (Domestic Violence Hotline):** `118` *(A 24/7 free national hotline for reporting domestic violence, child abuse, and elder neglect. Available in multiple languages).*
- **WIZO (Women's International Zionist Organization):** `3986*` or `1-800-39-39-99` *(Provides a helpline for women victims of violence and specialized support for men in the cycle of violence).*
- **Elami:** `1202` (Women) and `1203` (Men) *(Dedicated hotlines for survivors of sexual assault and rape).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `100`. The Israel Police have specialized units for domestic violence and family protection.

Addiction & Substance Abuse Help

- **Ministry of Welfare Addiction Hotline:** `118` *(This unified welfare line also provides intake and referrals for state-funded drug and alcohol rehabilitation centers).*
- **The Israel Anti-Drug Authority (IADA):** `1-700-502-120` *(Provides information on prevention, treatment, and local support groups).*
- **Alcoholics Anonymous (AA) Israel:** `+972 54 535 0006` *(English-speaking contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `101` (Ambulance) immediately.

Italy 🇮🇹

Important Note on Dialing Codes: Italy's country code is +39. Emergency numbers like 112, 113, 115, and 118 are local three-digit numbers. For the deaf or hard of hearing, the **112 Where ARE U** app is the official tool to send a silent emergency alert with precise GPS location. Operators in major cities are typically multilingual (**Italian, English, French, and German**).

General Emergency Numbers

- **Unified European Emergency (NUE):** 112 *(The primary number for any emergency; coordinates all rescue services).*
- **Police (Polizia di Stato):** 113 *(Direct line for reporting crimes or requiring police intervention).*
- **Ambulance (SSUEM):** 118 *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade (Vigili del Fuoco):** 115
- **Coast Guard (Guardia Costiera):** 1530 *(Critical for maritime emergencies).*
- **Financial Police (Guardia di Finanza):** 117 *(Used for reporting smuggling, fraud, or customs issues).*

Suicide Prevention & Mental Health Crises

- **Telefono Amico Italia:** 02 2327 2327 *(A national volunteer-led hotline for emotional support and suicide prevention. Available daily from 10 AM to midnight. Also accessible via WhatsApp at 324 011 7117).*
- **Samaritans Onlus:** 02 2327 2328 *(A free, confidential helpline for anyone in psychological distress or having suicidal thoughts. Available daily from 1 PM to 10 PM).*
- **Progetto Itaca:** 800 274 274 *(A toll-free number providing information and support for mental health challenges; available Mon–Fri, 9 AM – 6 PM).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 118 (Ambulance) or 112 immediately.

Domestic Violence & Abuse

- **Antiviolenza Donna (National Hotline):** 1522 *(A free, 24/7 national toll-free number for victims of violence and stalking. Available in **Italian, English, French, Spanish, and Arabic**. It provides immediate support and directs victims to the nearest "Centro Antiviolenza" or safe house).*
- **YouPol (App):** An official app by the State Police that allows users to report domestic violence or bullying anonymously, including sending photos or videos in real-time.
- **Emergency Police Intervention:** If you are in immediate danger, dial 113 or 112.

Addiction & Substance Abuse Help

- **National Anti-Drug Hotline (Droga Help):** `800 031 340` *(A free, anonymous national service providing information and counseling on drug addiction. Available Mon–Fri, 9 AM – 6 PM).*
- **Alcohol Prevention & Support (AICAT):** `800 503 030` *(A toll-free line for help with alcohol dependency and finding local support groups).*
- **Gambling Addiction (GiocaResponsabile):** `800 151 000` *(A dedicated 24/7 hotline for individuals and families dealing with gambling issues).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `118` (Ambulance) or `112` immediately.

Jamaica 🇯🇲

Important Note on Dialing Codes: Jamaica's country code is `+1-876` (and the newer `+1-658`). Emergency numbers like `119`, `110`, and `888-NEW-HOPE` are local numbers to be dialed exactly as shown within Jamaica. While the police and ambulance services are primary, the **JCF (Jamaica Constabulary Force)** also offers a specialized "Stay Alert" app for reporting crimes and sending SOS signals with GPS coordinates.

General Emergency Numbers

- **Police (Emergency):** `119` *(The primary number for security, reporting crimes, and immediate police intervention).*
- **Ambulance / Fire:** `110` *(Direct line for the Jamaica Fire Brigade and emergency medical transport).*
- **Coast Guard:** `+1 876 967-8031` or `+1 876 967-8223` *(Critical for maritime emergencies and search and rescue).*
- **Hurricane/Disaster Emergency (ODPEM):** `+1 876 906-9674`

Suicide Prevention & Mental Health Crises

- **Mental Health Suicide Prevention Helpline:** `888-NEW-HOPE` (`888-639-4673`) *(A 24/7 national hotline operated by the Ministry of Health and Wellness. It provides free, confidential crisis intervention and emotional support).*
- **Choose Life International:** `+1 876 920-7924` *(A faith-based NGO providing suicide prevention training and a crisis helpline for individuals in distress).*
- **UWI Helpline:** `+1 876 927-1660` *(Provides psychological support primarily for students and young adults).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `110` (Ambulance) or `119` (Police) immediately.

Domestic Violence & Abuse

- **Gender-Based Violence (GBV) Helpline:** `888-REPORT` (`888-737-6781`) *(A 24/7 national hotline for victims of domestic and sexual violence. It provides counseling and coordinates with safe shelters).*
- **Woman's Inc.:** `+1 876 929-2997` *(One of Jamaica's primary NGOs providing crisis centers and legal/psychological support for women victims of violence).*
- **CISOCA (Centre for Investigation of Sexual Offences):** `+1 876 926-4079` *(A specialized unit of the Jamaica Constabulary Force dedicated to handling sexual assault cases).*

- **Child Protection (OCFE):** `211` *(A 24/7 toll-free "Child Protection" hotline for reporting child abuse, neglect, or child missing cases).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `119`.

Addiction & Substance Abuse Help

- **National Council on Drug Abuse (NCDA) Helpline:** `+1 876 564-4357` *(Provides 24/7 counseling, information, and referrals for individuals struggling with substance use).*
- **Addiction Treatment Services (Richmond Fellowship):** `+1 876 927-1660` *(A residential and outpatient facility providing rehabilitation services).*
- **Alcoholics Anonymous (AA) Jamaica:** `+1 876 927-0235` *(Contact for local meeting times and peer support).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `110` (Ambulance) immediately or transport the individual to the nearest public hospital (e.g., **Kingston Public Hospital**).

Japan 🇯🇵

Important Note on Dialing Codes: Japan's country code is +81. Emergency numbers like 110 and 119 are local three-digit numbers. For non-emergencies, you can dial #9110 to reach a police consultation line. While dispatchers in major cities (like Tokyo and Osaka) often have access to interpretation services in over 20 languages, legacy lines in rural areas may primarily be staffed by Japanese speakers.

General Emergency Numbers

- **Police (Keisatsu):** 110 *(The primary number for reporting crimes, traffic accidents, or security threats).*
- **Ambulance / Fire (Kyukyu / Kaji):** 119 *(Used for both medical emergencies and fires. When you call, clearly state "Kyukyu" for an ambulance or "Kaji" for fire).*
- **Coast Guard (Kaijo Hoan-cho):** 118 *(Critical for maritime accidents and emergencies at sea).*
- **Non-Urgent Medical Consultation:** #7119 *(Available in many cities to determine if your condition requires an immediate ambulance or can wait for a clinic).*

Suicide Prevention & Mental Health Crises

- **TELL Lifeline (Tokyo English Lifeline):** 0800-300-8355 *(A free, 24/7 national hotline providing confidential support and suicide prevention in* ***English****. They also offer an online chat service).*
- **Yorisoi Hotline (Helpline for Foreigners):** 0120-279-338 *(Press* 2 *for non-Japanese speakers. A 24/7 toll-free service offering support in* ***English, Tagalog, Korean, Chinese, Spanish, Portuguese, and more****).*
- **Mental Health Counseling Unified Dial:** 0570-064-556 *(A nationwide government service that connects you to the nearest public mental health consultation center).*
- **Primary Emergency Response:** In case of an active suicide attempt or acute psychiatric crisis, dial 119 (Ambulance) or 110 (Police).

Domestic Violence & Abuse

- **DV Consultation Plus:** 0120-279-889 *(A 24/7 national hotline for victims of domestic violence. It offers telephone counseling, email support, and chat-based services in* ***10 languages****, including English).*
- **Sexual Crime Victim Hotline:** #8891 *(A nationwide short-dial that connects you to the nearest "One-Stop Support Center" for medical, psychological, and legal aid following sexual violence).*

- **Child Abuse Response Dial:** `189` *(A 24/7 toll-free number for reporting suspected child abuse or seeking child-rearing support).*
- **Women's Rights Hotline:** `0570-070-810` *(Operated by the Ministry of Justice for human rights violations and domestic abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `110`.

Addiction & Substance Abuse Help

- **National Center of Neurology and Psychiatry (NCNP):** `042-341-2711` *(The primary national research and treatment center for addiction; they provide guidance on finding specialized regional clinics).*
- **Kurihama Medical and Addiction Center:** `046-848-1550` *(Japan's leading facility for alcohol and internet addiction treatment).*
- **Alcoholics Anonymous (AA) Japan:** `03-3971-1471` *(Central office for English-speaking and Japanese recovery meetings).*
- **Drug Addiction Rehabilitation Center (DARC):** A network of non-governmental recovery centers across Japan. Contacting the **Yorisoi Hotline** (`0120-279-338`) can help you find a local branch.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `119` (Ambulance) immediately.

Jordan 🇯🇴

Important Note on Dialing Codes: Jordan's country code is +962. The unified emergency number **911** is the primary point of contact for all services. Operators are generally multilingual, with **English and Arabic** being standard. For tourists, the specialized Tourist Police can also be reached directly via WhatsApp for non-emergency guidance.

General Emergency Numbers

- **National Unified Emergency (Police, Fire, Ambulance):** 911 *(The primary toll-free number for all life-threatening emergencies across the Kingdom).*
- **Civil Defense (Ambulance/Fire):** 199 *(Legacy direct line, now integrated into 911).*
- **Traffic Police:** 190 *(For reporting accidents or traffic-related emergencies).*
- **Tourist Police Hotline:** +962 79 550 5755 *(Available 24/7 via call or WhatsApp for assistance specifically for visitors).*

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** 111 *(A recently established national shortcode providing 24/7 psychological support and crisis intervention).*
- **Our Step (Ghuwwatna) NGO:** +962 6 554 1150 *(A mental health advocacy group that provides peer support and guidance for those in distress).*
- **International Medical Corps (IMC) Mental Health Line:** +962 79 734 6605 *(Often used for refugee and community psychosocial support).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 911 immediately.

Domestic Violence & Abuse

- **Family Protection & Juvenile Department (FPJD):** 911 *(Request the "Family Protection" unit. They are highly trained in handling domestic violence, sexual assault, and child abuse cases with a victim-centered approach).*
- **Jordan River Foundation (JRF) Child Helpline:** 110 *(A free, confidential helpline for child and family safety. Available Sunday–Thursday 8 AM – 8 PM, and Friday–Saturday 9 AM – 5 PM).*
- **MIRA Helpline (Sisterhood Is Global Institute):** 0800 22 555 *(A toll-free line providing legal and psychological counseling for women victims of violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 911. You can also report incidents silently via the **Ammn 911** mobile app.

Addiction & Substance Abuse Help

- **Anti-Narcotics Department (AND):** `+962 6 420 8311` *(The specialized branch of the police for drug-related issues. They operate a rehabilitation center and provide a "safe harbor" policy for those who seek treatment voluntarily).*
- **National Center for Rehabilitation of Addicts:** `+962 6 523 0386` *(The primary public facility for detoxification and long-term addiction recovery).*
- **Alcoholics Anonymous (AA) Jordan:** `+962 79 568 0000` *(Peer support contact for local meetings in Amman).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `911` (Ambulance) immediately.

Kazakhstan 🇰🇿

Important Note on Dialing Codes: Kazakhstan's country code is +7. Emergency numbers like 101, 102, 103, and 112 are local numbers to be dialed exactly as shown within the country. While operators in major cities like Almaty and Astana are increasingly likely to speak **English**, the primary languages of dispatch remain **Kazakh and Russian**.

General Emergency Numbers

- **Unified Emergency Service:** 112 *(The primary number for all life-threatening emergencies, available from mobile phones even without a SIM card).*
- **Police (Politsiya):** 102 *(Direct line for reporting crimes or requiring police intervention).*
- **Ambulance (Skoraya Pomoshch):** 103 *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade:** 101
- **Gas Emergency:** 104

Suicide Prevention & Mental Health Crises

- **National Crisis Center (Helpline):** 150 *(A free, 24/7 national hotline providing psychological support and crisis intervention. It is also accessible via WhatsApp at +7 708 106 0810).*
- **Mental Health Center (Almaty/Astana):** +7 727 376 5660 *(Provides specialized psychiatric assessment and crisis care).*
- **International SOS (Almaty):** +7 727 258 1911 *(A private medical and security service often used by travelers and expats for English-speaking mental health referrals).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 103 (Ambulance) or 112 immediately.

Domestic Violence & Abuse

- **National Hotline for Women and Children:** 150 *(The primary contact for reporting domestic violence and seeking shelter. Support is available in* ***Kazakh and Russian****).*
- **Union of Crisis Centers:** +7 727 243 2221 *(A network providing legal aid, psychological support, and safe house coordination for victims of domestic abuse).*
- **Human Rights Ombudsman:** +7 717 274 0540 *(For reporting severe cases of rights violations or institutional abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 102 or 112.

Addiction & Substance Abuse Help

- **Republican Scientific and Practical Center for Mental Health:** +7 727 271 2000 *(The primary national center for detoxification and long-term addiction rehabilitation).*
- **Narcology Center Hotline:** +7 727 272 5050 *(Provides information on treatment options for alcohol and drug dependency).*
- **Alcoholics Anonymous (AA) Kazakhstan:** +7 701 713 0638 *(Peer support contact for Almaty and surrounding regions).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 103 (Ambulance) immediately.

Kenya 🇰🇪

Important Note on Dialing Codes: Kenya's country code is `+254`. The primary emergency numbers `999`, `112`, and `911` are all active and toll-free within the country. While operators in major cities like Nairobi and Mombasa speak **English and Swahili**, response times can vary significantly in rural areas. For medical emergencies, private ambulance services (like AMREF or E-Plus) are often utilized alongside public services.

General Emergency Numbers

- **National Unified Emergency:** `999`, `112`, or `911` *(The primary contact for Police, Fire, and Ambulance services nationwide).*
- **Kenya Red Cross (E-Plus Ambulance):** `1199` or `+254 700 395 395` *(A reliable 24/7 dispatch for emergency medical transport and disaster response).*
- **St. John Ambulance:** `+254 721 225 285` *(A key provider for emergency medical services and first aid).*
- **Nairobi Metropolitan Services (NMS) Fire:** `+254 20 222 2181`

Suicide Prevention & Mental Health Crises

- **Kenya Red Cross Mental Health Hotline:** `1190` *(A free, 24/7 national hotline providing psychological first aid, emotional support, and crisis intervention).*
- **Befrienders Kenya:** `+254 722 178 177` *(A charitable organization providing confidential support to those at risk of suicide).*
- **Niskize Suicide Emergency Line:** `0900 620 800` *(A dedicated psychological counseling line for individuals in acute distress).*
- **Childline Kenya:** `116` *(A 24/7 toll-free service for children and adolescents experiencing emotional or physical crises).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `999` or `112` for an ambulance. Note: As of 2026, Kenya has officially decriminalized suicide, shifting the national response from law enforcement to medical and psychological support.

Domestic Violence & Abuse

- **National GBV Hotline (HAK 1195):** `1195` *(A 24/7 toll-free national hotline for victims of Gender-Based Violence. It provides immediate tele-counseling and coordinates with police, medical services, and shelters across all 47 counties).*
- **Gender Violence Recovery Centre (GVRC):** `+254 709 667 000` *(Provides 24-hour emergency medical and psychological care for survivors of sexual and domestic violence).*

- **Childline Kenya:** `116` *(The primary number for reporting child abuse, neglect, or defilement).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `999` or `112`. You can also reach the **Police Gender Desks** located at most major police stations.

Addiction & Substance Abuse Help

- **NACADA Toll-Free Helpline:** `1192` *(Operated by the National Authority for the Campaign Against Alcohol and Drug Abuse. This 24/7 service provides counseling, information on drug and alcohol abuse, and referrals to accredited rehabilitation centers).*
- **One2One Youth Hotline:** `1190` *(Provides non-judgmental information and counseling on substance use specifically for young people).*
- **SAPTA (Support for Addictions Prevention and Treatment):** `+254 721 651 000` *(An NGO providing outpatient treatment and addiction counselor training).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `999` or `1199` (Red Cross Ambulance) immediately.

Kiribati 🇰🇮

Important Note on Dialing Codes: Kiribati's country code is `+686`. The primary emergency number is `999`, though some mobile networks also recognize `911` or `112`. **Safety Note:** Response times and service availability can vary significantly between the main atoll of South Tarawa and the more remote Outer Islands. In remote areas, contacting the local "Police Post" or the island's medical clinic directly is often necessary.

General Emergency Numbers

- **National Emergency Service (Police, Fire, Ambulance):** `999` *(The primary toll-free number for all life-threatening emergencies).*
- **Police (Direct):** `192` or `994` *(Legacy direct lines for the Kiribati Police Service).*
- **Ambulance / Medical Emergency:** `193` or `194` *(Direct lines for the Tungaru Central Hospital ambulance dispatch).*
- **Fire Brigade:** `191`
- **Marine Guard (Search and Rescue):** `+686 74026696` *(Critical for maritime emergencies in the expansive EEZ of Kiribati).*

Suicide Prevention & Mental Health Crises

- **Kiribati Family Health Association (KFHA):** `+686 28100` *(Provides confidential counseling and mental health support for individuals in emotional distress).*
- **Tungaru Central Hospital (Psychiatric Unit):** `+686 28100` *(The main facility for acute psychiatric care and mental health assessment).*
- **Mental Health Support Line:** *While there is no dedicated 24/7 three-digit suicide hotline, individuals in crisis are encouraged to seek help through the KFHA or the psychiatric department at Tungaru Central Hospital.*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `999` or transport the individual directly to the emergency ward at **Tungaru Central Hospital**.

Domestic Violence & Abuse

- **Kiribati Women and Children Support Centre (KWCSC):** `189` *(A free, confidential national hotline for survivors of domestic violence and child abuse. It provides crisis counseling, legal orientation, and support for finding safe accommodations).*
- **Safenet:** A multi-sectoral network involving police, health, and social services. You can trigger a Safenet response by calling the police at `999` or the KWCSC at `189`.

- **Domestic Violence Unit (Police):** Victims can ask for the specialized "Sexual and Gender-Based Violence" (SGBV) unit at any major police station for sensitive handling of their case.
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- *Kiribati does not currently operate a dedicated national hotline for addiction. Treatment is primarily managed through the public health system.*
- **First Point of Contact:** Individuals seeking help for alcohol or substance dependency should visit the **Mental Health Unit** at Tungaru Central Hospital or their local community health clinic for a referral to available counseling.
- **Kiribati Family Health Association (KFHA):** `+686 28100` *(Offers general counseling that includes support for families dealing with addiction-related issues).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `999` (Ambulance) immediately.

North Korea (DPRK) 🇰🇵

Important Note on Dialing Codes: North Korea's country code is `+850`. Emergency numbers like `119` and `112` are local numbers. **Safety Note:** Most emergency services are strictly for residents; international visitors are typically required to contact their state-provided guides or the **Emergency Medical Information Center** (`1339`) for any crisis. Foreigners should also keep the contact information for their respective embassies in Pyongyang readily available.

General Emergency Numbers

- **Fire & Ambulance:** `119` *(The primary number for reporting fires and requesting medical transport).*
- **Police:** `112` *(The primary number for reporting crimes or security incidents).*
- **Emergency Medical Information Center:** `1339` *(A dedicated line often used to coordinate medical assistance for international visitors).*
- **Pyongyang Friendship Hospital:** `+850 2 382 7688` *(The main hospital in Pyongyang designated for treating foreigners).*

Suicide Prevention & Mental Health Crises

- *There are no publicly available national suicide prevention hotlines in North Korea.*
- **State Health System:** Mental health crises are managed through the general public health system. Individuals in distress are typically referred to the **Pyongyang Psychiatric Hospital** or local "Number 49" hospitals (specialized psychiatric wards).
- **Defector Support (Outside DPRK):** `+82 2 3212 5560` *(The North Korean Refugee Support Line via Liberty in North Korea (LiNK) provides 24/7 crisis support for those who have escaped the country).*
- **Primary Emergency Response:** In a life-threatening psychiatric crisis, residents typically contact their local "Inminban" (neighborhood unit) leader or call `119` for medical transport.

Domestic Violence & Abuse

- *There is no specialized three-digit hotline for domestic violence. These matters are generally handled as social or legal issues by local administrative bodies.*
- **Local Authorities:** Incidents of domestic abuse are usually reported to the local police (`112`) or the **Women's Union** (Democratic Women's Union of Korea), which provides social mediation and support at the community level.
- **Emergency Police Intervention:** For immediate physical danger, the standard contact is `112`.

Addiction & Substance Abuse Help

- *North Korea does not operate public addiction hotlines. The state maintains a policy of zero tolerance for illicit substances.*
- **Treatment Facilities:** Help for alcohol or substance dependency is provided through state-run psychiatric hospitals. Treatment is focused on medical detoxification and state-supervised rehabilitation.
- **First Point of Contact:** Individuals or families seeking help generally approach their local district doctor or the neighborhood administrative unit for a referral to a psychiatric facility.

South Korea 🇰🇷

> **Important Note on Dialing Codes:** South Korea's country code is `+82`. Emergency numbers like `112`, `119`, and `109` are local numbers to be dialed exactly as shown. For non-Korean speakers, the **1330 Korea Travel Hotline** provides 24/7 interpretation for emergency calls. The **119 Safety Report** app is also highly recommended, as it allows for silent reporting and provides automatic GPS location to dispatchers.

General Emergency Numbers

- **Police (Gyeongchal):** `112` *(The primary number for reporting crimes, theft, or security threats. Offers a "Text 112" service for silent reporting).*
- **Ambulance / Fire (Soseong):** `119` *(Used for all medical emergencies and fires. Operators can instantly patch in translators for over 20 languages).*
- **Emergency Medical Information:** `1339` *(A 24/7 service for finding open hospitals, pharmacies, and receiving basic first-aid instructions).*
- **Korea Travel Hotline:** `1330` *(A 24/7 multi-language service that can assist with emergencies, translations, and complaints for tourists).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Hotline:** `109` *(Launched in 2024 as a unified, easy-to-remember number. It is a free, 24/7 service providing professional crisis counseling and intervention. It also supports text/chat counseling).*
- **Mental Health Crisis Line:** `1577-0199` *(A 24/7 national hotline that connects callers to their local community mental health center).*
- **Hope Line (Social Welfare):** `129` *(The Ministry of Health and Welfare's hotline for crisis intervention and social support).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `119` (Ambulance) or `112` (Police) immediately.

Domestic Violence & Abuse

- **Women's Crisis Hotline:** `1366` *(A 24/7 national hotline for victims of domestic violence, sexual assault, and human trafficking. It provides immediate protection, counseling, and connection to shelters. Available in* ***English, Chinese, Vietnamese, and more****).*
- **Sunflower Center (Haebaragi):** Accessed via `1366` *(Integrated centers that provide medical, legal, and investigative support for survivors of sexual violence in a single location).*

- **Child Abuse Reporting:** `112` *(All child abuse reports in South Korea are now centralized through the national police emergency line for immediate investigative response).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`.

Addiction & Substance Abuse Help

- **Addiction Management Center:** `1577-0199` *(This unified mental health line also provides intake for drug, alcohol, and gambling addiction).*
- **KAADA (Korea Association Against Drug Abuse):** `1899-0893` *(The primary national hotline for drug addiction consultation, rehabilitation information, and family support).*
- **Net-Line (Gambling Addiction):** `1336` *(A 24/7 dedicated hotline and text service for individuals struggling with gambling).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `119` (Ambulance) immediately.

Kuwait 🇰🇼

Important Note on Dialing Codes: Kuwait's country code is +965. The unified emergency number **112** is the primary point of contact for all services and is toll-free. Operators are generally fluent in **Arabic and English**. For non-emergencies, many government departments can be reached via the "Sahel" app, which is the official platform for government services.

General Emergency Numbers

- **National Unified Emergency (Police, Fire, Ambulance):** 112 *(The primary contact for all life-threatening emergencies nationwide).*
- **Civil Defence:** 1804000 *(For disaster management and public safety instructions).*
- **Coast Guard:** 1880888 *(Critical for maritime emergencies and search and rescue in Kuwaiti waters).*
- **Medical Emergency (Direct):** 151 *(Direct line for the Ministry of Health medical information and ambulance services).*

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** 151 *(Dial 151 and follow the prompts for psychological support. This is a 24/7 service provided by the Ministry of Health).*
- **Kuwait Center for Mental Health (KCMH):** +965 2484 3900 *(The primary public facility for acute psychiatric care, assessment, and crisis intervention).*
- **Social Development Office (SDO) Helpline:** +965 2240 2407 *(Provides psychological and social counseling for citizens and residents).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 immediately.

Domestic Violence & Abuse

- **Family Protection Department:** 112 *(Request the "Family Protection" unit. They handle domestic violence, sexual assault, and child protection cases with specialized protocols).*
- **Fanar (National Hotline for Domestic Violence):** 154 *(A recently established 24/7 national hotline for reporting domestic abuse and seeking shelter assistance).*
- **Child Protection Helpline:** 147 *(A dedicated national line for reporting child abuse, neglect, or cases involving the safety of minors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112.

Addiction & Substance Abuse Help

- **Addiction Treatment Center (KCMH):** +965 2484 3900 *(The specialized branch of the Kuwait Center for Mental Health providing medical detoxification and rehabilitation programs).*
- **Anti-Narcotics General Administration:** 1882000 *(The specialized police branch for drug-related issues; they offer guidance on voluntary treatment options).*
- **Alcoholics Anonymous (AA) Kuwait:** +965 9726 1421 *(English-speaking peer support contact for local meetings in Kuwait City).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 (Ambulance) immediately.

Kyrgyzstan 🇰🇬

Important Note on Dialing Codes: Kyrgyzstan's country code is `+996`. Emergency numbers like `101`, `102`, `103`, and `112` are local numbers to be dialed exactly as shown. While operators in Bishkek may speak some **English**, the primary languages of dispatch are **Kyrgyz and Russian**.

General Emergency Numbers

- **Unified Emergency Service:** `112` *(The primary contact for all life-threatening emergencies, coordinating police, fire, and medical services).*
- **Police (Militia):** `102` *(Direct line for security and reporting crimes).*
- **Ambulance (Skoraya):** `103` *(Direct line for medical emergencies).*
- **Fire Brigade:** `101`
- **Gas Emergency:** `104`

Suicide Prevention & Mental Health Crises

- **Republican Center for Mental Health (Bishkek):** `+996 312 300 327` *(The primary public facility for psychiatric assessment and crisis intervention).*
- **Helpline for Psychological Support:** `111` *(While primarily for children, this 24/7 national hotline provides initial psychological first aid to adults in distress).*
- **Family and Child Support Centers:** Available in major districts to provide social and psychological mediation.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `103` (Ambulance) or `112` immediately.

Domestic Violence & Abuse

- **Government Child Helpline:** `111` *(A 24/7, free, national toll-free number for reporting child abuse, neglect, and domestic violence affecting families. Available in* ***Kyrgyz and Russian****).*
- **Sezim Crisis Center:** `+996 312 512 640` *(A leading NGO in Bishkek providing a transit shelter, legal aid, and psychological counseling for women and children surviving domestic violence).*
- **Shans Crisis Center:** `+996 312 435 301` *(Provides support and temporary shelter for victims of abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `102` or `112`. Kyrgyzstan has specific "Protection Orders" that can be requested through the police.

Addiction & Substance Abuse Help

- **Republican Center for Narcology:** `+996 312 511 250` *(The main state institution for the treatment of drug and alcohol dependency, providing detoxification and rehabilitation services).*
- **Alternative (NGO):** `+996 312 660 338` *(Provides information on harm reduction and rehabilitation programs).*
- **Alcoholics Anonymous (AA) Kyrgyzstan:** `+996 555 925 533` *(Peer support contact for local meetings in Bishkek).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `103` (Ambulance) or `112` immediately.

Laos 🇱🇦

Important Note on Dialing Codes: Laos' country code is +856. Emergency numbers like 1191, 1190, and 1624 are local numbers. **Safety Note:** Outside of Vientiane and Luang Prabang, emergency response can be extremely limited. For tourists, the **Tourist Police** are often the most reliable first point of contact as they are more likely to have English-speaking staff.

General Emergency Numbers

- **Police (Kamruat):** 1191 *(The primary number for security and reporting crimes).*
- **Ambulance (State):** 1195 *(Direct line for the central ambulance dispatch).*
- **Vientiane Rescue (Volunteer):** 1624 *(A multi-award-winning volunteer service providing 24/7 rapid ambulance, fire, and rescue services in the capital).*
- **Fire Brigade:** 1190
- **Tourist Police (Vientiane):** +856 21 251 128 *(Specifically for assisting foreign nationals).*

Suicide Prevention & Mental Health Crises

- *Laos does not currently operate a dedicated, national 24/7 suicide prevention hotline.*
- **Mahosot Hospital (Psychiatric Unit):** +856 21 214 018 *(The primary public hospital in Vientiane for psychiatric assessment and emergency mental health care).*
- **Lao Women's Union Counseling:** 1562 *(While focused on women's rights, this national hotline provides psychological support for individuals in severe emotional distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 1624 (Vientiane Rescue) or 1195 for an ambulance.

Domestic Violence & Abuse

- **Lao Women's Union (Protection Center):** 1562 *(A 24/7 national toll-free hotline for reporting domestic violence, sexual abuse, and human trafficking. They provide counseling and coordinate safe shelter).*
- **Association for Development of Women and Legal Education (ADWLE):** +856 21 261 247 *(Provides legal aid and support for survivors of domestic abuse).*
- **Child Rights Line:** 1560 *(A dedicated line for reporting child abuse or neglect).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 1191. In smaller villages, the "Village Head" (Nai Ban) is often the first official to contact for domestic mediation.

Addiction & Substance Abuse Help

- **Somsanga Treatment and Rehabilitation Center:** `+856 21 770 081` *(The primary state-run facility for drug and alcohol detoxification and rehabilitation).*
- **LCDC (Lao National Commission for Drug Control and Supervision):** `+856 21 351 029` *(Provides information on national drug policies and treatment resources).*
- **Vattay Hospital (Mental Health/Addiction):** Offers outpatient services for substance dependency.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `1624` (Vientiane Rescue) immediately.

Latvia 🇱🇻

Important Note on Dialing Codes: Latvia's country code is `+371`. Emergency numbers like `110`, `112`, `113`, and `114` are local numbers to be dialed exactly as shown. For non-Latvian speakers, operators for the `112` and `116 123` services are generally able to provide assistance in **English and Russian**.

General Emergency Numbers

- **Unified Emergency Service:** `112` *(The primary number for all life-threatening emergencies, coordinating fire, rescue, and police).*
- **State Police (Policija):** `110` *(Direct line for reporting crimes or requiring immediate police intervention).*
- **Emergency Medical Assistance (NMPD):** `113` *(Direct line for acute medical emergencies and ambulance dispatch).*
- **Gas Emergency:** `114`
- **Tourist Police (Riga):** `+371 6718 1818` *(A 24/7 service provided by the Riga Municipal Police specifically for assisting visitors).*

Suicide Prevention & Mental Health Crises

- **Unified Crisis Hotline (Skalbes):** `116 123` *(A free, 24/7 national hotline providing confidential emotional support and crisis intervention. Support is available in **Latvian, Russian, and English**).*
- **Child and Adolescent Helpline:** `116 111` *(A 24/7 toll-free line for children and teenagers needing psychological support. It also offers a chat service via* `uzticibastalrunis.lv`*).*
- **Psychological Support for Men:** `+371 2772 2292` *(Operated by the Skalbes center to encourage men to seek help during emotional crises).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `113` (Ambulance) or `112` immediately.

Domestic Violence & Abuse

- **Support Line for Crime Victims:** `116 006` *(A free national hotline available daily from 7 AM to 10 PM. It provides emotional, psychological, and legal information specifically for victims of domestic violence and other crimes).*
- **MARTA Centre:** `+371 6737 8539` *(A leading NGO providing specialized support, legal aid, and safe shelter for women and children surviving domestic violence and human trafficking).*
- **Dardedze Center:** `+371 6760 0685` *(Specializes in the prevention of and support for cases of child abuse).*

- **Emergency Police Intervention:** If you are in immediate danger, dial 110 or 112. You may request a "Police Decision on Separation" to have an abuser removed from the home immediately.

Addiction & Substance Abuse Help

- **SPKC Addiction Advisory Line:** 6703 7333 *(A consultative phone line aimed at providing anonymous psychological help and information on addiction treatment services. Available working days 9 AM – 6 PM).*
- **Gambling Addiction Support:** 2932 3202 *(A dedicated line for individuals struggling with gambling or their family members).*
- **Riga Psychiatry and Narcology Center (RPNC):** +371 6708 0112 *(The primary national center for detoxification and inpatient addiction treatment).*
- **Alcoholics Anonymous (AA) Latvia:** +371 2733 3523 *(Peer support contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 113 (Ambulance) or 112 immediately.

Here is the information for **Lebanon**, maintaining the exact formatting for your document.

Lebanon utilizes a decentralized emergency system where specific services are reached via dedicated three-digit numbers. Due to the country's ongoing economic and social challenges, NGOs like **Embrace** and **KAFA** play a critical role in providing 24/7 crisis support that supplements state services.

Lebanon 🇱🇧

Important Note on Dialing Codes: Lebanon's country code is `+961`. Emergency numbers like `112`, `140`, and `175` are local numbers to be dialed exactly as shown. While operators primarily speak **Arabic**, English and French speakers are commonly available, particularly within the Red Cross and specialized NGO hotlines.

General Emergency Numbers

- **Police (ISF - Internal Security Forces):** `112` *(The primary number for security and reporting crimes).*
- **Lebanese Red Cross (Ambulance):** `140` *(The primary and most reliable provider for emergency medical services and ambulance transport nationwide).*
- **Civil Defense:** `125` *(Used for rescue operations and natural disasters).*
- **Fire Brigade (Kaffat Al-Huraik):** `175`
- **General Security:** `1717` *(For matters related to residency, passports, and border security).*
- **Tourist Police:** `1735` *(Dedicated assistance for foreign visitors).*

Suicide Prevention & Mental Health Crises

- **Embrace Lifeline (National Hotline):** `1564` *(A 24/7 free, anonymous national hotline for emotional support and suicide prevention. Operated in partnership with the Ministry of Public Health, it provides support in **Arabic, English, and French**).*
- **IDRAAC (Institute for Development Research & Applied Care):** `+961 1 583 583` *(Provides clinical mental health support and assessment during business hours).*
- **Helem Support Line:** `+961 71 916 146` *(Specialized crisis support for the LGBTQIA+ community, typically available in the evenings).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `140` (Red Cross) for medical intervention or `1564` for immediate crisis counseling.

Domestic Violence & Abuse

- **Domestic Violence Hotline (KAFA):** `1745` *(The official ISF hotline for reporting domestic abuse. You can also reach the NGO KAFA directly at* `03 018 019` *for 24/7 emergency social and legal support).*
- **Himaya (Child Abuse):** `+961 3 414 964` *(A dedicated line for reporting child abuse and neglect).*
- **ABAAD (Resource Center for Gender Equality):** `+961 81 78 81 78` *(Provides 24/7 emergency shelter and support for women and girls surviving violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112` or the specialized domestic violence line at `1745`.

Addiction & Substance Abuse Help

- **Skoun (Addiction Center):** `+961 1 202 747` *(A leading outpatient facility in Beirut providing prevention, treatment, and harm reduction services).*
- **Oum el Nour:** `+961 9 238 881` *(A prominent NGO providing 24/7 residential rehabilitation and detoxification programs for drug and alcohol dependency).*
- **Alcoholics Anonymous (AA) Lebanon:** `+961 76 052 052` *(Contact for local meeting times and peer support).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `140` (Red Cross) immediately.

Lesotho 🇱🇸

Important Note on Dialing Codes: Lesotho's country code is `+266`. The unified emergency number `123` is the primary point of contact for many services. However, legacy numbers like `121` and `122` are still commonly used. For medical emergencies, many residents and expats also utilize facilities in nearby Bloemfontein, South Africa, for specialized care.

General Emergency Numbers

- **National Emergency Hotline:** `123` *(A 24-hour service for various emergencies, including security and crisis situations).*
- **Police (Maseru):** `10111` or `123` *(Direct line for the Lesotho Mounted Police Service).*
- **Ambulance:** `122` *(Primary number for emergency medical transport).*
- **Fire Brigade:** `121` *(Direct line for fire and rescue services).*
- **Child Helpline Lesotho:** `116` *(A 24/7 pan-African toll-free number for children and guardians to report emergencies).*

Suicide Prevention & Mental Health Crises

- **Lesotho Emergency Hotline:** `123` *(Provides 24-hour support specifically for individuals at risk of suicide or in an acute emotional crisis).*
- **Mohlomi Mental Hospital:** `+266 2232 2011` *(The primary public psychiatric facility in Maseru for assessments and inpatient care).*
- **Lifeline (Southern Africa):** `0861 322 322` *(While based in South Africa, this line is often accessible and utilized by those in Lesotho for tele-counseling).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `123` or `122` for medical assistance.

Domestic Violence & Abuse

- **GBV Toll-Free Helpline:** `800 666 66` *(A dedicated national line for reporting Gender-Based Violence cases and seeking legal or social orientation).*
- **Child Helpline Lesotho:** `116` *(A 24/7 toll-free service for reporting child abuse, violence, or neglect).*
- **She-Hive Association:** `+266 2231 4531` *(An NGO providing support and advocacy for survivors of domestic and sexual violence. Also reachable via WhatsApp at* `+266 5707 5354`*).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `123` or `10111`.

Addiction & Substance Abuse Help

- **Ministry of Health (Mental Health Unit):** `+266 2222 6000` *(Provides information on state-funded addiction services and psychiatric referrals).*
- **Sunrise Rehabilitation Centre:** `+266 5885 0244` *(One of the primary inpatient facilities in Lesotho for drug and alcohol dependency).*
- **Blue Cross Society of Lesotho:** `+266 2232 2541` *(A prominent organization focused on addiction prevention and treatment).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `122` (Ambulance) or transport the individual to the nearest hospital emergency room.

Here is the information for **Liberia**, maintaining the exact formatting for your document.

Liberia’s emergency response relies heavily on the **911** system, which is centralized through the Liberia National Police (LNP) headquarters. While infrastructure is developing, the country has seen a recent expansion in specialized civil society and government-backed hotlines for mental health and domestic violence.

Liberia 🇱🇷

> **Important Note on Dialing Codes:** Liberia's country code is `+231`. The primary emergency number is **911**, which is toll-free and accessible primarily via mobile phones (landline service is virtually non-existent). For specific police assistance, the shortcode `355` is also used to reach LNP Headquarters. English is the official language, though Liberian Kreyol is widely spoken by dispatchers.

General Emergency Numbers

- **National Unified Emergency (Police, Fire, Ambulance):** `911` *(The primary contact for all life-threatening emergencies).*
- **Liberia National Police (Direct):** `355` *(Direct mobile shortcode for police assistance).*
- **National Fire Service:** `911` or `+231 77 000 0911`
- **Ambulance / Medical Emergency:** `911` *(Dispatches available public ambulances; however, for private rapid response, many residents contact the **Liberia National Red Cross**).*

Suicide Prevention & Mental Health Crises

- **National Suicide Hotline:** `+231 6 534 308` *(A dedicated line for crisis intervention and suicide prevention support).*
- **Ministry of Health Mental Health Unit:** `+231 77 000 0000` *(Provides guidance on accessing psychiatric care at facilities like **E.S. Grant Mental Health Hospital**, the country's primary psychiatric institution).*
- **The Carter Center Liberia:** Active in mental health advocacy; while they do not run a 24/7 hotline, they provide resources for finding local mental health clinicians.
- **Primary Emergency Response:** In a life-threatening psychiatric crisis or active suicide attempt, dial `911` immediately for police and medical dispatch.

Domestic Violence & Abuse

- **Ministry of Gender, Children & Social Protection Hotline:** `116` *(A 24/7 toll-free national helpline for reporting child abuse, domestic violence, and gender-based*

violence (GBV). It is the primary gateway for survivors to access legal and social support).
- **Women and Children Protection Section (WACPS):** Accessed via `911` or `355` *(A specialized division within the Liberia National Police dedicated to handling domestic and sexual violence cases).*
- **Hope in the Village / Safe Houses:** Reached via the `116` line for coordination of emergency shelter for women and children in danger.
- **Emergency Police Intervention:** If you are in immediate danger, dial `911` and ask for the **WACPS unit**.

Addiction & Substance Abuse Help

- **Center for Rehabilitation and Reintegration (CFRR):** `+231 77 000 0000` *(A prominent facility in Paynesville providing detoxification, psychological counseling, and vocational training for at-risk youth and those struggling with addiction).*
- **Mother of Light Liberia:** `+231 88 165 4106` *(A government-sanctioned rehabilitation center in Grand Bassa providing long-term recovery programs for drug and alcohol dependency).*
- **National Drug Enforcement Agency (LDEA):** `+231 77 700 0000` *(While primarily for enforcement, they provide information on the "Nasha Mukt" style awareness and voluntary treatment programs).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `911` (Ambulance) or transport the individual to the nearest hospital (e.g., **JFK Medical Center** in Monrovia).

Libya 🇱🇾

Important Note on Dialing Codes: Libya's country code is +218. Emergency numbers like 193 and 1515 are local numbers. **Safety Note:** Response times can vary significantly by region and current security conditions. In many areas, especially Tripoli, the number 1415 has been implemented as a consolidated emergency line for police, fire, and ambulance services.

General Emergency Numbers

- **Unified Emergency (Tripoli):** 1415 *(A consolidated line for Police, Fire, and Ambulance within the capital region).*
- **Ambulance (Is'aaf):** 193 *(The primary national number for medical emergencies and ambulance dispatch).*
- **Police (Shurta):** 1515 or 191 *(Direct lines for security and reporting crimes).*
- **Fire Brigade (Atfa'a):** 1515 or `021-444-8111` (Tripoli specific).
- **Red Crescent (Hilal al-Ahmar):** `+218 21 333 1330` *(Often provides emergency medical and disaster response).*

Suicide Prevention & Mental Health Crises

- **UNFPA Mental Health Support:** 1417 *(A 24/7 free national hotline providing psychosocial support and crisis intervention. It is one of the most reliable resources for individuals in emotional distress).*
- **IOM Libya MHPSS:** `+218 91 000 7218` *(The International Organization for Migration provides a dedicated line for mental health and psychosocial support, particularly for displaced persons and those in high-stress environments).*
- **Primary Emergency Response:** In case of an active suicide attempt or acute psychiatric crisis, dial 193 (Ambulance) or 1415 (Unified Emergency) immediately.

Domestic Violence & Abuse

- **UNFPA GBV Helpline:** 1417 *(This unified hotline also serves as the primary national number for reporting Gender-Based Violence (GBV). It provides confidential psychosocial support and legal counseling for survivors).*
- **Ministry of Women's Affairs Support:** The government, in coordination with the **Libyan Women's Network**, provides mediation and support services. Referrals are often made through the 1417 line to specialized safe houses.
- **Emergency Police Intervention:** If you are in immediate danger, dial 1515 or 1415.

Addiction & Substance Abuse Help

- **Al-Razi Psychiatric Hospital (Tripoli):** +218 21 480 3515 *(The primary national center for mental health and addiction treatment. They provide detoxification and inpatient rehabilitation services).*
- **National Anti-Drug Organization:** Provides awareness and guidance on voluntary treatment; they can often be reached via the general police information lines.
- **Psychosocial Support Centers:** Local centers in Benghazi and Tripoli offer outpatient counseling for substance dependency, often supported by international health partners.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 193 (Ambulance) immediately.

Liechtenstein 🇱🇮

Important Note on Dialing Codes: Liechtenstein's country code is +423. Emergency numbers like 112, 117, 118, and 144 are local numbers to be dialed exactly as shown. Due to its close ties with Switzerland, Liechtenstein utilizes many of the same "shortcode" services (e.g., 143 and 147). Operators are fluent in **German**, but **English and French** speakers are widely available.

General Emergency Numbers

- **European Emergency Call:** 112 *(The primary number for all life-threatening emergencies).*
- **Police (Landespolizei):** 117 *(Direct line for reporting crimes or security emergencies).*
- **Ambulance (EMS):** 144 *(Direct line for medical emergencies).*
- **Fire Brigade:** 118
- **National Hospital (Landesspital):** +423 235 44 11 *(The primary hospital in Vaduz for emergency admissions).*

Suicide Prevention & Mental Health Crises

- **The Helping Hand (Die Dargebotene Hand):** 143 *(A free, anonymous, 24/7 national hotline for adults in emotional distress or having suicidal thoughts. You can also chat online at 143.ch).*
- **Crisis Intervention Liechtenstein (KIT):** +423 230 22 90 *(A 24/7 service providing immediate psychosocial support and crisis intervention for individuals and families in acute distress).*
- **Child and Youth Helpline (Rat auf Draht):** 147 *(A specialized 24/7 hotline for children and young people needing psychological support or suicide prevention advice).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 144 (Ambulance) or 112 immediately.

Domestic Violence & Abuse

- **Victim Support Office (Opferhilfestelle):** +423 236 76 96 *(The central government office providing confidential advice, legal information, and psychological support for victims of violence).*
- **Women's Shelter (Frauenhaus):** +423 380 02 03 *(A 24/7 hotline and safe house providing protection and support for women and children escaping domestic violence).*
- **Infra (Information and Contact Point for Women):** +423 232 08 80 *(Provides legal and social advice for women in difficult life situations, including domestic abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 117 or 112.

Addiction & Substance Abuse Help

- **Office of Social Services (Amt für Soziale Dienste):** +423 236 72 72 *(The primary government department for addiction counseling and referrals to detoxification or rehabilitation programs).*
- **Addiction Support (Suchthilfe):** Accessed via the Office of Social Services; they coordinate outpatient and inpatient treatment for alcohol and drug dependency.
- **Alcoholics Anonymous (AA) / Narcotics Anonymous (NA):** Meetings are often coordinated through Swiss regional branches; the 143 line can provide current meeting information for the Liechtenstein area.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 144 (Ambulance) immediately.

Lithuania 🇱🇹

> **Important Note on Dialing Codes:** Lithuania's country code is `+370`. The unified emergency number **112** is the primary point of contact for all services. Operators are generally fluent in **Lithuanian, Russian, and English**. For the deaf or hard of hearing, the **112 Lithuania** app allows for GPS-based reporting and text communication with dispatchers.

General Emergency Numbers

- **Unified Emergency Service:** `112` *(The primary number for Police, Fire, and Ambulance services nationwide).*
- **Police (Policija):** `110` or `02` *(Legacy direct lines, though 112 is now preferred).*
- **Ambulance (Greitoji pagalba):** `113` or `03` *(Direct line for medical emergencies).*
- **Fire & Rescue:** `101` or `01`
- **Gas Emergency:** `104`

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Line:** `109` *(A recently unified, 24/7 national shortcode providing immediate, free, and professional crisis counseling).*
- **Youth Line (Jaunimo linija):** `1809` *(A 24/7 free, anonymous emotional support service primarily for young people, but open to all in distress).*
- **Hope Line (Vilties linija):** `116 123` *(A 24/7 national hotline for adults experiencing emotional crisis, loneliness, or suicidal thoughts).*
- **Child Line (Vaikų linija):** `116 111` *(A 24/7 service for children and teenagers; also accessible via chat at* `vaikulinija.lt`*).*
- **Silver Line (Sidabrinė linija):** `0 800 800 20` *(A dedicated befriending and support line for the elderly).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` or `113` immediately.

Domestic Violence & Abuse

- **Specialized Help Center (SKPC):** `+370 700 55516` *(A national hotline for victims of domestic violence. They provide 24/7 emotional support and coordinate legal and social assistance).*
- **Women's Helpline (Pagalbos moterims linija):** `8 800 66366` *(A 24/7 free, anonymous support line for women experiencing violence or other life difficulties).*
- **Men's Line (Vyrų linija):** `8 670 00027` *(Emotional support for men to prevent violence and manage crises).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `112`. Lithuania utilizes "Protection Orders" that can be issued immediately by police to remove an abuser from the home.

Addiction & Substance Abuse Help

- **Republican Centre for Addictive Disorders (RPLC):** `+370 5 213 7274` *(The primary national healthcare institution for alcohol, drug, and tobacco addiction. Branches are located in Vilnius, Kaunas, Klaipėda, Šiauliai, and Panevėžys).*
- **Drug, Tobacco and Alcohol Control Department:** `+370 5 266 1084` *(Provides information on national policies and treatment resources).*
- **Gambling Addiction Hotline:** `+370 5 233 1105` *(Operated by the Gaming Control Authority for psychological support and self-exclusion information).*
- **Alcoholics Anonymous (AA) Lithuania:** `+370 685 05191` *(Contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `113` (Ambulance) or `112` immediately.

Here is the information for **Luxembourg**, maintaining the exact formatting for your document.

Luxembourg is fully integrated into the European emergency network. It features a highly streamlined system where **112** acts as the primary gateway for medical and fire emergencies, while **113** is dedicated to police. The country is also notable for its extensive multi-language support, with many crisis lines offering services in English, French, German, and Luxembourgish.

Luxembourg 🇱🇺

Important Note on Dialing Codes: Luxembourg's country code is `+352`. The primary emergency numbers `112` and `113` are local three-digit numbers. For non-emergencies, the Grand Ducal Police can be reached at `244 244 244`. As of **January 2026**, 112 operators can now initiate **video calls** via a text link to better assess emergency scenes in real-time.

General Emergency Numbers

- **Unified Emergency (Ambulance & Fire):** `112` *(The primary number for medical emergencies, accidents, and fires. Also used to find on-duty doctors, dentists, and pharmacies).*
- **Police (Police Grand-Ducale):** `113` *(Direct line for reporting crimes, threats, or requiring immediate police intervention).*
- **Air Rescue (Luxembourg Air Rescue):** `+352 27 365 365` *(For specialized medical repatriation or air ambulance services).*
- **Poison Control Center:** `8002 5500` *(Toll-free national line for poisoning emergencies).*

Suicide Prevention & Mental Health Crises

- **SOS Détresse (Helpline):** `45 45 45` *(A 24/7 free, anonymous national hotline providing emotional support and suicide prevention. English-speaking volunteers are specifically available on* ***Wednesdays, Saturdays, and Sundays (11 AM – 11 PM)****).*
- **Mental Health Support Line:** `8002 8080` *(A government-run line offering psychological support and crisis intervention, available daily from 7 AM to 11 PM).*
- **Kanner- a Jugendtelefon (KJT):** `116 111` *(A 24/7 national hotline for children and young people. They also offer an English-speaking "Online Help" service).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` immediately.

Domestic Violence & Abuse

- **Helpline Violence (Savie):** `2060 1060` *(A dedicated national helpline for victims of domestic violence, available 7 days a week from 12 PM to 8 PM. It provides emotional support and referrals to shelters).*
- **Femmes en Détresse (Women in Distress):** `44 81 81` *(Provides 24/7 support and operates shelters for women and children escaping violence).*
- **SAVVD (Victim Assistance):** `26 48 18 62` *(A specialized service providing legal and psychological support for victims of domestic abuse).*
- **Bright Sky App:** A free mobile app providing support and information for anyone in an abusive relationship or concerned about someone they know.
- **Emergency Police Intervention:** If you are in immediate danger, dial `113`. The police have the power to issue immediate "eviction orders" to remove an abuser from the home for 14 days.

Addiction & Substance Abuse Help

- **Quai 57 (Suchtberodung):** `+352 26 48 04 90` *(The primary consultation center for individuals struggling with drug or alcohol addiction and their families).*
- **CNAPA (Addiction Prevention Centre):** `49 77 77-55` *(The "Fro No" service provides information on psychoactive substances and treatment options).*
- **Jugend- an Drogenhëllef:** `491 04 01` *(Provides counseling and outpatient support specifically for young people and adults with drug dependencies).*
- **ZEV (Behavioral Addiction):** `26 48 00 38` *(A specialized center for gambling and other behavioral addictions).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Ambulance) immediately.

Madagascar 🇲🇬

Important Note on Dialing Codes: Madagascar's country code is +261. Emergency numbers like 117, 118, and 124 are local numbers to be dialed exactly as shown. **Safety Note:** Outside of major cities like Antananarivo and Toamasina, formal emergency response can be extremely limited. Travelers are advised to keep the contact information for their specific hotel security or embassy readily available.

General Emergency Numbers

- **Police (Polisim-pirenena):** 117 *(The primary number for security and reporting crimes).*
- **Gendarmerie (National Guard):** 119 *(Primarily used for security in rural areas and highway emergencies).*
- **Fire Brigade (Sapeurs-Pompiers):** 118 *(Direct line for fire and rescue in urban centers).*
- **Ambulance / Red Cross:** 124 *(The primary number for medical emergencies and ambulance transport).*
- **SAMU (Emergency Medical Service):** 020 22 200 40 *(A specialized medical response unit in the capital).*

Suicide Prevention & Mental Health Crises

- *Madagascar does not currently operate a dedicated, national 24/7 suicide prevention hotline.*
- **CHUA Anjanamasina (Psychiatric Hospital):** +261 20 22 721 00 *(The primary public facility in Antananarivo for psychiatric assessment and inpatient care).*
- **Befrienders Worldwide Affiliate:** Local mental health NGOs often provide community-based support. The **124** (Red Cross) line can sometimes provide initial emotional guidance or medical referral.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 124 (Ambulance) or 117 (Police) for assistance.

Domestic Violence & Abuse

- **Green Line (Ligne Verte):** 147 *(A free national hotline for reporting violence against women and children. It provides initial counseling and directs survivors to legal and medical aid).*
- **Gender-Based Violence (GBV) Centers:** These centers, often supported by the **UNFPA**, are located in major hospitals (e.g., Befelatanana Hospital) to provide medical and psychological care to survivors.

- **Police Brigade des Moeurs:** A specialized unit within the national police dedicated to handling cases of sexual assault and domestic abuse.
- **Emergency Police Intervention:** If you are in immediate danger, dial 117.

Addiction & Substance Abuse Help

- *Addiction treatment is primarily integrated into the general psychiatric healthcare system.*
- **Center for Detoxification (Anjanamasina):** +261 20 22 721 00 *(Provides medical detoxification and rehabilitation programs for drug and alcohol dependency).*
- **Blue Cross Madagascar (Croix Bleue):** A prominent organization focusing on the prevention and treatment of alcoholism.
- **NGO Morija:** Provides community-based support and rehabilitation for individuals struggling with substance use.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 124 (Ambulance) or transport the individual to the nearest hospital emergency ward.

Here is the information for **Malawi**, maintaining the exact formatting for your document.

Malawi operates a three-digit emergency system, though direct numbers for specific police stations or hospitals are often more reliable in rural areas. The country has made significant strides in child protection and gender-based violence response through dedicated national toll-free lines.

Malawi 🇲🇼

> **Important Note on Dialing Codes:** Malawi's country code is `+265`. The primary emergency number is `999`. While this number is toll-free, response times for public ambulances can be slow. In major cities like Lilongwe and Blantyre, many residents rely on the **Malawi Red Cross** or private clinics for faster medical transport.

General Emergency Numbers

- **National Emergency (Police/Ambulance/Fire):** `999` *(The primary contact for all life-threatening emergencies).*
- **Police (Direct):** `997` *(Direct line for the Malawi Police Service).*
- **Ambulance (Direct):** `998` *(Direct line for medical emergencies).*
- **Fire Brigade:** `999` or `+265 1 753 111` (Lilongwe) / `+265 1 820 222` (Blantyre).
- **Malawi Red Cross:** `+265 1 775 290` *(Often used for disaster and medical emergency coordination).*

Suicide Prevention & Mental Health Crises

- **St. John of God Hospital (Mental Health):** `+265 1 311 690` *(A leading psychiatric facility in Mzuzu and Lilongwe providing 24/7 acute care and crisis assessment).*
- **Zomba Mental Hospital:** `+265 1 524 344` *(The national referral hospital for psychiatric conditions and acute mental health crises).*
- **Youth Helpline (Toll-Free):** `116` *(While focused on children and youth, this line provides psychological first aid for any young person in emotional distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `998` (Ambulance) or transport the individual to the nearest District Hospital.

Domestic Violence & Abuse

- **Victim Support Unit (VSU):** `997` *(Request the "Victim Support Unit" when calling the police. They are trained to handle domestic violence and sexual assault cases).*

- **Child Helpline Malawi:** `116` *(A 24/7 toll-free national hotline for reporting child abuse, neglect, and domestic violence affecting families).*
- **National GBV Hotline:** `5600` *(A specialized toll-free line for reporting Gender-Based Violence and seeking counseling and legal aid).*
- **Musasa / Women's Shelters:** Reached via the `116` or `5600` lines for coordination of emergency housing for survivors.
- **Emergency Police Intervention:** If you are in immediate danger, dial `999` or `997`.

Addiction & Substance Abuse Help

- **St. John of God Rehabilitation Centre:** `+265 1 311 690` *(Provides specialized inpatient and outpatient programs for drug and alcohol dependency).*
- **Ministry of Health (Mental Health Unit):** `+265 1 789 400` *(Provides information on state-funded addiction services and psychiatric referrals).*
- **Alcoholics Anonymous (AA) Malawi:** `+265 999 952 057` *(Peer support contact for local recovery meetings in Lilongwe).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `998` (Ambulance) or transport the individual to the nearest hospital emergency department immediately.

Here is the information for **Malaysia**, maintaining the exact formatting for your document.

Malaysia operates a highly efficient unified emergency system. The **999** service is a consolidated "Next Generation" system that coordinates Police, Fire, Ambulance, Civil Defence, and Maritime Rescue from a single point of contact.

Malaysia 🇲🇾

Important Note on Dialing Codes: Malaysia's country code is `+60`. The unified emergency number **999** is the primary point of contact and is toll-free. Operators are generally fluent in **Bahasa Malaysia and English**. For non-emergencies, you can reach the Police via the "Volunteer Smartphone Patrol" (VSP) app, which allows for photo/video reporting and GPS tagging.

General Emergency Numbers

- **National Unified Emergency (MERS 999):** `999` *(The primary contact for Police, Fire, Ambulance, and Civil Defence nationwide. This includes the Malaysian Maritime Enforcement Agency for sea rescues).*
- **Civil Defence Force (APM):** `999` *(Specialized in disaster response and non-criminal emergencies).*
- **Tourist Police:** `+60 3-2146 0522` *(A specialized unit in Kuala Lumpur and major tourist hubs for assisting foreign visitors).*
- **St. John Ambulance / Red Crescent:** `+60 3-9285 1576` *(Often used for private ambulance dispatch or event medical standby).*

Suicide Prevention & Mental Health Crises

- **Befrienders Malaysia:** `+60 3-7627 2929` *(A 24/7 free, confidential national hotline providing emotional support and suicide prevention. They offer support in **English, Malay, and Chinese**).*
- **HEAL Line (15555):** `15555` *(A dedicated 24/7 mental health tele-counseling line operated by the Ministry of Health (MOH). It is staffed by professional counselors).*
- **Talian Kasih:** `15999` *(A 24/7 "Compassion Line" for all social crises, including mental health distress and abandonment. Also accessible via WhatsApp at `+60 19-261 5999`).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `999` immediately.

Domestic Violence & Abuse

- **Talian Kasih:** `15999` *(The primary national hotline for reporting domestic violence and child abuse. It provides immediate intervention and coordinates with the Social Welfare Department (JKM) for safe shelter).*
- **Women's Aid Organisation (WAO):** `+60 3-3000 8858` *(Provides 24/7 crisis support, legal advice, and shelter for women and children escaping violence. WhatsApp support is available at* `+60 18-988 8058`*).*
- **All Women's Action Society (AWAM):** `+60 3-7877 0224` *(Offers legal and psychological counseling for survivors of sexual harassment and domestic abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`. You can request the "D11" unit (Sexual, Women and Child Investigations Division) for specialized handling.

Addiction & Substance Abuse Help

- **National Antadrugs Agency (AADK) Hotline:** `1-800-22-2235` or `+60 19-626 2235` (WhatsApp) *(The primary government agency for addiction treatment. They provide "Cure & Care" rehabilitation centers and voluntary treatment programs).*
- **Pengasih Malaysia:** `+60 3-6201 3179` *(A prominent NGO providing residential rehabilitation and peer-led recovery programs).*
- **Alcoholics Anonymous (AA) Malaysia:** `+60 12-339 0707` *(Contact for local English and Malay speaking meetings in KL and Penang).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `999` (Ambulance) immediately.

Here is the information for the **Maldives**, maintaining the exact formatting for your document.

The Maldives utilizes a fragmented emergency system where different three-digit codes are used for specific services. Due to the country's unique geography, the Coast Guard (**191**) is often as critical as the police or medical services.

Maldives 🇲🇻

> **Important Note on Dialing Codes:** The Maldives country code is `+960`. Emergency numbers like `119`, `102`, and `118` are local numbers to be dialed exactly as shown. While operators in the capital, Malé, are generally fluent in **English and Dhivehi**, response times in remote atolls can vary significantly; in such cases, contacting the local **Island Council** or the nearest health center is advised.

General Emergency Numbers

- **Police (Fuluhi):** `119` *(The primary number for security and reporting crimes).*
- **Ambulance / Medical Emergency:** `102` *(Direct line for the IGMH ambulance dispatch in Malé or regional hospital ambulances).*
- **Fire Brigade:** `118` *(Direct line for the Maldives National Defence Force Fire and Rescue Service).*
- **Coast Guard:** `191` *(Critical for maritime emergencies, capsized vessels, or medical evacuations between islands).*
- **Tourist Police:** `+960 979 0070` *(Dedicated assistance for foreign visitors and resort-related security issues).*

Suicide Prevention & Mental Health Crises

- **Centre for Mental Health (IGMH) Helpline:** `1410` *(A 24/7 national mental health helpline providing psychological first aid and crisis support. It is operated by the Indira Gandhi Memorial Hospital).*
- **Thalassemia Society / NGO Support:** `+960 332 2149` *(While specialized, they often provide counseling and psychosocial support for chronic stress and emotional distress).*
- **Maldivian Red Crescent (Psychosocial Support):** `+960 334 1009` *(Provides emotional support during disasters and individual crises).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `102` (Ambulance) or `119` (Police).

Domestic Violence & Abuse

- **Family Protection Authority (FPA):** +960 301 0528 *(The primary government body for domestic violence cases. They provide legal guidance and coordinate with safe houses).*
- **Child Helpline / Social Protection:** 1412 *(A 24/7 toll-free national hotline for reporting child abuse, domestic violence, and seeking social welfare assistance).*
- **Police Family and Child Protection Department:** +960 979 0163 *(Specialized police unit for sensitive handling of gender-based violence and crimes against minors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 119.

Addiction & Substance Abuse Help

- **National Drug Agency (NDA) Helpline:** 1415 *(A 24/7 toll-free hotline providing information on detoxification, rehabilitation programs, and voluntary treatment options).*
- **Himyath (Rehabilitation Center):** +960 333 0612 *(Provides inpatient and outpatient services for drug and alcohol dependency).*
- **Journey (NGO):** +960 334 2660 *(A prominent NGO providing peer-led recovery support and addiction prevention programs).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 102 (Ambulance) or 191 (Coast Guard for island transfers) immediately.

Mali 🇲🇱

Important Note on Dialing Codes: Mali's country code is +223. Emergency numbers like 17, 18, and 15 are local numbers. **Safety Note:** Outside of Bamako, response times can be significantly delayed due to infrastructure and security conditions. For medical emergencies, many residents rely on the **Malian Red Cross** or private clinics for transport, as public ambulance services can be limited.

General Emergency Numbers

- **Police (Police Nationale):** 17 *(The primary number for security and reporting crimes in urban areas).*
- **Gendarmerie (National Guard):** 18 *(Primarily used for security in rural areas, highway accidents, and major incidents).*
- **Ambulance / Medical Emergency (SAMU):** 15 *(Direct line for the national medical emergency dispatch).*
- **Fire Brigade (Sapeurs-Pompiers):** 112 or 18 *(Direct line for fire and rescue services).*
- **Malian Red Cross:** `+223 20 22 45 00` *(Often provides disaster response and emergency first aid coordination).*

Suicide Prevention & Mental Health Crises

- *Mali does not currently operate a dedicated, national 24/7 suicide prevention hotline.*
- **Point G University Hospital (Psychiatry):** `+261 20 22 721 00` *(The primary public hospital in Bamako for psychiatric assessment and inpatient care).*
- **SOS Psychologie:** A local initiative providing psychological counseling and support. They can often be reached through the **Point G Hospital** referral system.
- **Handicap International (Mali):** Active in psychosocial support; while they do not run a 24/7 crisis line, they provide mental health resources in conflict-affected regions.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 15 (Ambulance) or 17 (Police).

Domestic Violence & Abuse

- **Green Line (Ligne Verte - GBV):** `80333` *(A 24/7 toll-free national hotline for survivors of Gender-Based Violence. It provides initial counseling and coordinates with medical and legal services).*
- **One-Stop Centers (UNFPA-Supported):** Located in major hospitals (like Gabriel Touré Hospital) to provide medical, psychological, and legal aid to survivors in one location.
- **APDF (Association for the Progress and Defense of Women’s Rights):** `+223 20 23 07 43` *(A leading NGO providing legal aid and support for women escaping violence).*

- **Emergency Police Intervention:** If you are in immediate danger, dial 17 or 18.

Addiction & Substance Abuse Help

- *Addiction treatment is primarily managed through the psychiatric department of public hospitals.*
- **Service de Psychiatrie (CHU Point G):** +223 20 22 50 02 *(Provides medical detoxification and rehabilitation programs for drug and alcohol dependency).*
- **Blue Cross Mali (Croix Bleue):** +223 20 21 44 45 *(A prominent organization focused on the prevention and treatment of alcoholism and drug abuse).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 15 (Ambulance) immediately.

Here is the information for **Malta**, maintaining the exact formatting for your document.

Malta is fully integrated into the European emergency network, utilizing **112** as the primary universal number. As a compact island nation, its response times are generally very rapid. Malta has also invested heavily in specialized social support lines, particularly for mental health and victim support.

Malta 🇲🇹

Important Note on Dialing Codes: Malta's country code is `+356`. The unified emergency number **112** is the primary point of contact for Police, Fire, and Ambulance services. It is toll-free and accessible from any phone. Operators are fluent in **Maltese and English**. For non-emergency police matters, you can dial `+356 2122 4001`.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for all life-threatening emergencies).*
- **Police (Pulizija):** `112` or `191` *(Direct line for security and reporting crimes).*
- **Ambulance / Medical Emergency:** `112` or `196` *(Direct line for the Mater Dei Hospital ambulance dispatch).*
- **Fire Brigade:** `112` or `199` *(Direct line for the Civil Protection Department).*
- **Armed Forces (Search and Rescue):** `+356 2124 4371` *(Critical for maritime emergencies and air-sea rescue).*

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** `1579` *(A 24/7 free national hotline launched by the Ministry of Health. It is staffed by specialized professionals providing immediate crisis intervention and psychological support).*
- **Richmond Foundation (OLLI.chat):** `1770` *(A 24/7 toll-free helpline for anyone experiencing mental health issues or emotional distress. They also offer an online chat service at `richmond.org.mt`).*
- **Crisis Resolution Malta:** `+356 9933 9966` *(A private 24/7 crisis team providing rapid psychiatric and psychological intervention).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` immediately.

Domestic Violence & Abuse

- **Victim Support Unit (Police):** `+356 2294 2160` *(A specialized unit within the Malta Police Force that handles domestic violence and sexual assault cases with sensitivity).*
- **National Support Line:** `179` *(A 24/7 toll-free hotline for victims of domestic violence, child abuse, and human trafficking. It provides emotional support and coordinates with safe houses).*
- **Victim Support Malta:** `+356 2122 8333` *(An NGO providing legal and psychological support specifically for victims of crime and domestic abuse).*
- **Appoġġ:** `+356 2295 9000` *(The main social welfare agency providing crisis intervention and emergency shelter for women and children).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`.

Addiction & Substance Abuse Help

- **Sedqa Helpline:** `179` *(The national agency for dependencies. By dialing 179, you can access support for drug, alcohol, and gambling addiction).*
- **Caritas Malta:** `+356 2133 1000` *(A leading NGO providing residential and outpatient rehabilitation programs for drug and alcohol dependency).*
- **OASI Foundation (Gozo):** `+356 2156 3333` *(Provides prevention and treatment services for addiction on the island of Gozo).*
- **Alcoholics Anonymous (AA) Malta:** `+356 7923 9264` *(Contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Ambulance) immediately.

Marshall Islands 🇲🇭

Important Note on Dialing Codes: The Marshall Islands country code is `+692`. The primary emergency number is **911**, which is toll-free and accessible from mobile and landline phones. **Safety Note:** In the Outer Islands (atolls other than Majuro or Ebeye), 911 may not be active; residents and visitors must contact the local **Health Assistant** or use the inter-island radio to reach the Ministry of Health and Human Services (MOHHS).

General Emergency Numbers

- **National Unified Emergency (Police, Fire, Ambulance):** `911` *(The primary contact for all life-threatening emergencies in Majuro and Ebeye).*
- **Police (Majuro):** `+692 625-3233` *(Direct line for the Marshall Islands Police Department).*
- **Hospital Emergency (Majuro):** `+692 625-4144` *(Direct line for the Majuro Hospital emergency room and ambulance dispatch).*
- **Hospital Emergency (Ebeye):** `+692 329-8030`
- **Sea Rescue / Coast Guard:** `+692 625-3233` *(Coordinated through the national police and the Sea Patrol unit).*

Suicide Prevention & Mental Health Crises

- **MOHHS Mental Health Unit:** `+692 625-3355` *(Provides psychiatric assessment and counseling during business hours at Majuro Hospital).*
- **National Crisis Line:** `911` *(While not a dedicated psychological line, 911 operators can dispatch medical or police assistance for acute psychiatric crises).*
- **Youth to Youth in Health (YTYIH):** `+692 625-3011` *(A prominent NGO providing peer-to-peer counseling and psychosocial support for young people in distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` or transport the individual to the **Majuro Hospital** or **Ebeye Hospital** emergency ward.

Domestic Violence & Abuse

- **WUTMI (Women United Together Marshall Islands):** `+692 625-2216` *(The leading NGO for women's rights; they operate the "Weto in Mour" Resource Centre, providing confidential support and advocacy for survivors of domestic violence).*
- **Weto in Mour Hotline:** `+692 455-1014` *(A dedicated 24/7 crisis line for survivors of domestic violence and sexual assault).*
- **Domestic Violence Unit (Police):** Victims can request specialized assistance through the national police at `911` or via the WUTMI referral network.

- **Emergency Police Intervention:** If you are in immediate danger, dial 911.

Addiction & Substance Abuse Help

- **MOHHS Substance Abuse Program:** +692 625-3355 *(Provides outpatient counseling and referrals for alcohol and drug dependency).*
- **Kumit Learning Center:** +692 625-3011 *(Often collaborates with YTYIH to provide addiction prevention and recovery support for youth and adults).*
- **Alcoholics Anonymous (AA) Majuro:** Meetings are held periodically; the **Mental Health Unit** at the hospital can provide current contact information for local peer support.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 (Ambulance) or transport the individual to the nearest hospital emergency room immediately.

Mauritania 🇲🇷

Important Note on Dialing Codes: Mauritania's country code is +222. Emergency numbers like 17, 18, and 118 are local numbers to be dialed exactly as shown.
Safety Note: Outside of the major urban centers, formal emergency response can be significantly delayed. For medical emergencies, private transport is often faster than public ambulances, though the **Civil Protection** service is the primary state provider for rapid medical aid.

General Emergency Numbers

- **Police (Shurta):** 17 *(The primary number for security and reporting crimes in cities).*
- **Gendarmerie (National Guard):** 116 *(Primarily used for road accidents and security in rural/desert areas).*
- **Civil Protection (Ambulance/Fire):** 118 *(The primary contact for medical emergencies, fires, and technical rescues nationwide).*
- **Fire Brigade:** 18 *(Direct line for fire services in Nouakchott).*
- **Coast Guard:** +222 45 74 12 11 *(Critical for maritime emergencies near Nouadhibou).*

Suicide Prevention & Mental Health Crises

- *Mauritania does not currently operate a dedicated, national 24/7 suicide prevention hotline.*
- **National Hospital (Psychiatry Unit):** +222 45 25 21 35 *(The primary public hospital in Nouakchott for psychiatric assessment and acute care).*
- **Center for Neuro-Psychiatry (Dia Centre):** A specialized facility in Nouakchott that provides mental health consultations and crisis management.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 118 (Civil Protection) for medical intervention or transport the individual to the nearest hospital emergency ward.

Domestic Violence & Abuse

- **Green Line (Ligne Verte):** 111 *(A 24/7 toll-free national hotline for reporting child abuse and violence against women. It provides initial social and psychological guidance).*
- **AFCF (Association of Women Heads of Households):** +222 46 41 40 46 *(A leading NGO providing legal aid, counseling, and shelter coordination for survivors of domestic violence and sexual assault).*
- **AMSME (Mauritanian Association for Mother and Child Health):** +222 45 25 36 24 *(Provides medical and psychological support for women and children surviving abuse).*

- **Emergency Police Intervention:** If you are in immediate danger, dial 17 or 118.

Addiction & Substance Abuse Help

- *Addiction treatment is primarily integrated into the general psychiatric healthcare system.*
- **Service de Psychiatrie (CHNN):** +222 45 25 21 35 *(Provides medical detoxification and rehabilitation programs for drug and alcohol dependency).*
- **National Anti-Drug Office:** Coordinates with the Ministry of Health to provide information on voluntary treatment and awareness programs.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 118 (Civil Protection) immediately.

Here is the information for **Mauritius**, maintaining the exact formatting for your document.

Mauritius operates a highly organized emergency system with specific three-digit codes for different services. The island is also notable for its robust social support network, including a dedicated 24/7 hotline for family protection and child welfare.

Mauritius 🇲🇺

Important Note on Dialing Codes: Mauritius' country code is `+230`. Emergency numbers like `999`, `114`, and `115` are local numbers to be dialed exactly as shown. For non-emergency police matters or to report a crime anonymously, you can dial `148`. Operators are fluent in **English, French, and Mauritian Creole**.

General Emergency Numbers

- **Police (Urgent):** `999` or `112` *(The primary number for security and reporting crimes).*
- **Ambulance (SAMU):** `114` *(Direct line for the Service d'Aide Médicale d'Urgence for acute medical emergencies).*
- **Fire Brigade:** `115` *(Direct line for fire and rescue services).*
- **Coast Guard (Search and Rescue):** `208 8317` *(Critical for maritime emergencies and lagoon safety).*
- **Tourist Police:** `210 3894` or `213 7878` *(Dedicated assistance for foreign visitors).*

Suicide Prevention & Mental Health Crises

- **Life Plus Hotline:** `800 8080` *(A 24/7 national toll-free hotline operated by the Ministry of Social Integration, providing immediate psychological support and crisis intervention).*
- **Befrienders Mauritius:** `801 9333` *(A confidential emotional support line for individuals feeling lonely, despairing, or suicidal. Available daily from 9 AM to 9 PM).*
- **Brown Sequard Mental Health Care Centre:** `464 4071` *(The primary national psychiatric hospital for acute assessments and inpatient care).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `114` (Ambulance) or `999` (Police).

Domestic Violence & Abuse

- **Family Welfare Hotline:** `119` *(A 24/7 national toll-free hotline for victims of domestic violence and family conflict. It provides immediate counseling and coordinates with the Family Protection Unit).*

- **Child Protection Helpline:** 113 *(A dedicated 24/7 national hotline for reporting child abuse, neglect, or cases involving the safety of minors).*
- **Gender-Based Violence (GBV) Unit:** 211 4125 *(A specialized unit within the police force for sensitive handling of sexual assault and domestic abuse cases).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 999 or 119.

Addiction & Substance Abuse Help

- **National Drug Secretariat (NDS) Hotline:** 131 *(A recently established 24/7 unified hotline for drug-related inquiries, treatment referrals, and reporting).*
- **NATRESA (National Agency for the Treatment and Rehabilitation of Substance Abusers):** 210 0746 *(Provides detoxification, counseling, and long-term rehabilitation programs).*
- **Centre d'Accueil de Terre Rouge (CATR):** 248 7651 *(A leading NGO providing residential rehabilitation for alcohol and drug dependency).*
- **Alcoholics Anonymous (AA) Mauritius:** 5717 1974 *(Contact for local English and French recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 114 (Ambulance) immediately.

Here is the information for **Mexico**, maintaining the exact formatting for your document.

Mexico has successfully unified its emergency services under the **911** system nationwide. The country also features highly specialized local and national hotlines, particularly in Mexico City (CDMX), to address mental health and gender-based violence with multilingual support.

Mexico 🇲🇽

> **Important Note on Dialing Codes:** Mexico's country code is `+52`. The unified emergency number **911** is the primary point of contact for Police, Fire, and Ambulance services. It is toll-free and accessible from any phone. While operators in major tourist areas (Cancun, Los Cabos, CDMX) are generally fluent in **English**, the primary language of dispatch is **Spanish**. For non-emergencies or to report a crime anonymously, dial `089`.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for all life-threatening emergencies).*
- **Anonymous Reporting:** `089` *(For reporting crimes like extortion or drug dealing without revealing your identity).*
- **Red Cross (Cruz Roja):** `065` *(Direct line for Red Cross ambulance dispatch in many regions, though 911 is the preferred universal entry).*
- **Tourist Assistance (Angeles Verdes):** `078` *(A specialized 24/7 service providing roadside assistance and tourist information nationwide).*

Suicide Prevention & Mental Health Crises

- **Línea de la Vida (National Life Line):** `800 911 2000` *(A 24/7 national toll-free hotline operated by the Ministry of Health. It provides professional crisis intervention for suicide prevention and emotional distress. Support is also available via social media at* `@LaLineaDeLaVid`*).*
- **SAPTEL (Psychological Support):** `55 5259 8121` *(A 24/7 specialized psychological counseling and crisis intervention service).*
- **Línea de Seguridad / Chat de Confianza:** `55 5533 5533` *(Operated by the Consejo Ciudadano in CDMX; provides 24/7 psychological and legal support via call or WhatsApp).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` immediately.

Domestic Violence & Abuse

- **911 (Emergency):** Mexico's 911 system includes specialized protocols for gender-based violence. Ask for "Violencia Familiar" or "Código Violeta" in participating states.
- **Línea Mujeres (CDMX):** 55 5658 1111 or *765 *(A dedicated 24/7 hotline for women in Mexico City providing legal, medical, and psychological support).*
- **CONAVIM (National Commission to Prevent Violence Against Women):** 800 422 5256 *(Provides orientation and refers survivors to the nearest "Centro de Justicia para las Mujeres").*
- **Emergency Police Intervention:** If you are in immediate danger, dial 911. In many states, you can request the "Policía de Género" (Gender Police) for specialized assistance.

Addiction & Substance Abuse Help

- **Línea de la Vida (Addiction Focus):** 800 911 2000 *(This national line also serves as the primary intake for substance abuse treatment and referrals to* ***CAPA*** *(Primary Care Centers for Addictions)).*
- **Centros de Integración Juvenil (CIJ):** 55 5212 1212 *(A leading NGO providing prevention and treatment for drug and alcohol dependency nationwide. WhatsApp: 55 4555 1212).*
- **Alcoholics Anonymous (AA) Mexico:** 800 216 9231 *(National contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 (Ambulance) immediately.

Here is the information for the **Federated States of Micronesia (FSM)**, maintaining the exact formatting for your document.

The FSM follows the North American **911** standard. Emergency infrastructure is decentralized across the four states (**Chuuk, Kosrae, Pohnpei, and Yap**), with each state maintaining its own local police and hospital dispatch.

Micronesia (FSM) 🇫🇲

> **Important Note on Dialing Codes:** The FSM country code is `+691`. The primary emergency number is **911**, though in some remote municipalities, calling the local police station's direct landline is more reliable. Operators are generally fluent in **English** and the local state language (Pohnpeian, Chuukese, Yapese, or Kosraean).

General Emergency Numbers

- **National Unified Emergency (Police, Fire, Ambulance):** `911` *(The primary contact for all life-threatening emergencies in the main state centers).*
- **Pohnpei State Police:** `+691 320-2221`
- **Chuuk State Police:** `+691 330-2223`
- **Yap State Police:** `+691 350-3333`
- **Kosrae State Police:** `+691 370-3333`
- **Search and Rescue (Coast Guard):** Coordinated through the **FSM National Police** at `+691 320-2384` or via the U.S. Coast Guard Sector Guam for major maritime incidents.

Suicide Prevention & Mental Health Crises

- **Department of Health Services (Behavioral Health):** `+691 320-2619` *(The Pohnpei-based national office that coordinates mental health services across the four states).*
- **State Hospital Behavioral Health Units:**
    - **Pohnpei:** `+691 320-2213`
    - **Chuuk:** `+691 330-2216`
    - **Yap:** `+691 350-3446`
    - **Kosrae:** `+691 370-3012`
- **Micronesian Seminar (Psychosocial Support):** While primarily a research institution, they provide resources and community support networks for families in crisis.

- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` or transport the individual to the nearest **State Hospital Emergency Room**.

Domestic Violence & Abuse

- **Violence Against Women (VAW) Hotline:** `+691 320-5383` *(Operated by the Pohnpei Women's Council/Social Services to provide initial guidance and referral).*
- **Chuuk Women's Council (CWC):** `+691 330-4364` *(A leading NGO in Chuuk providing a crisis center, counseling, and legal advocacy for survivors of domestic and sexual violence).*
- **Department of Health and Social Affairs:** `+691 320-2619` *(The primary government contact for reporting child abuse and neglect).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `911`. You can request the "Domestic Violence Coordinator" at the state police headquarters.

Addiction & Substance Abuse Help

- **Behavioral Health & Wellness Program:** `+691 320-2619` *(Provides outpatient counseling for alcohol and substance dependency, specifically focusing on "Sakau" (Kava) and alcohol-related issues).*
- **State Tobacco & Alcohol Control Units:** Located within each state's Department of Health; they provide resources for cessation and addiction education.
- **Alcoholics Anonymous (AA) Micronesia:** Informal peer-led meetings are sometimes held in Pohnpei; the Behavioral Health unit at the hospital can provide current community contact info.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `911` (Ambulance) or transport the individual to the nearest state hospital emergency department immediately.

Here is the information for **Moldova**, maintaining the exact formatting for your document.

Moldova transitioned to the unified European emergency system in 2018. The **112** service is now the single point of entry for all emergency interventions, effectively replacing the old Soviet-style legacy numbers (901, 902, 903).

Moldova 🇲🇩

> **Important Note on Dialing Codes:** Moldova's country code is `+373`. The unified emergency number **112** is the primary point of contact and is toll-free from all networks. Operators are generally fluent in **Romanian and Russian**, with **English** speakers available upon request. For the Transnistria region, local legacy numbers (01, 02, 03) are still frequently utilized alongside 112.

General Emergency Numbers

- **Unified Emergency Service:** `112` *(The primary contact for Police, Fire, and Ambulance services nationwide).*
- **Police (Poliția):** `112` *(Direct line for security and reporting crimes).*
- **Ambulance (Ambulanța):** `112` *(Direct line for acute medical emergencies and ambulance dispatch).*
- **Fire Brigade (Pompierii):** `112`
- **Gas Emergency:** `904` *(Specific legacy line still active for gas leaks).*

Suicide Prevention & Mental Health Crises

- **Emotional Support Line (Pentru Viață):** `0 800 77777` *(A national suicide prevention and emotional support line. It provides free, anonymous counseling. Note: Operating hours may vary, but they often offer an online chat service at* `pentruviata.md`*).*
- **Child Helpline (Telefonul Copilului):** `116 111` *(A 24/7 national toll-free line for children and teenagers needing psychological support or reporting abuse).*
- **Community Mental Health Centers (CMHC):** Moldova has a network of 40 centers nationwide providing psychiatric and psychological support. The **Chisinau CMHC** can be reached at `+373 22 21 04 21`.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` immediately.

Domestic Violence & Abuse

- **Trust Line for Women and Girls:** `0 8008 8008` *(A 24/7 free, confidential national hotline for survivors of domestic violence and sexual assault. It provides psychological, legal, and social counseling).*
- **La Strada Moldova:** `+373 22 23 49 06` *(An NGO providing extensive support for victims of domestic violence and human trafficking).*
- **Casa Mărioarei:** `+373 22 72 58 61` *(One of the primary safe houses and counseling centers for women and children in Chisinau).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`. You can request an "Emergency Restraining Order" (Ordin de restricție de urgență), which police can issue on the spot for up to 10 days.

Addiction & Substance Abuse Help

- **National Dispensary of Narcology:** `+373 22 43 01 02` *(The primary state institution for the treatment of drug and alcohol addiction, providing detoxification and rehabilitation).*
- **Blue Cross Moldova:** `+373 69 14 00 14` *(Provides counseling and support for individuals struggling with alcoholism).*
- **Initiativa Pozitiva:** `+373 22 00 99 74` *(A prominent NGO providing harm reduction, psychological support, and rehabilitation for drug users).*
- **Alcoholics Anonymous (AA) Moldova:** `+373 79 50 15 25` *(Contact for local Romanian and Russian speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Ambulance) immediately.

Monaco 🇲🇨

Important Note on Dialing Codes: Monaco's country code is `+377`. While **112** is the universal European number, Monaco maintains specific shortcodes (**17, 18**) for direct local dispatch. Operators are fluent in **French and English**, with many also speaking Italian. For non-emergencies, the Police Department can be reached at `+377 93 15 30 15`.

General Emergency Numbers

- **European Emergency Call:** `112` *(The primary number for all life-threatening emergencies, accessible from any mobile).*
- **Fire & Emergency Medical (Sapeurs-Pompiers):** `18` or `+377 93 30 19 45` *(The primary responders for fires, accidents, and medical emergencies).*
- **Police (Sûreté Publique):** `17` or `+377 93 15 30 15` *(Direct line for security and reporting crimes).*
- **Emergency Medical Service (SMUR):** Accessed via `18` or `112`.
- **Poison Control (Marseille - Regional Center):** `+33 4 91 75 25 25`

Suicide Prevention & Mental Health Crises

- **CHPG Psychiatry Department:** `+377 97 98 84 15` *(The Princess Grace Hospital Centre (CHPG) provides 24/7 psychiatric emergency consultations and inpatient care).*
- **SOS Détresse (Regional Support):** `+33 9 72 39 40 50` *(A French-language crisis line frequently utilized by residents of the Principality for anonymous emotional support).*
- **Child Helpline (Action Innocence):** `+377 97 77 51 11` *(Provides support and prevention resources for youth and parents in distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `18` (Fire/Ambulance) or `112` immediately.

Domestic Violence & Abuse

- **Victim Support (AVIP):** `+377 93 25 00 07` *(The Association for the Assistance of Victims of Criminal Offences provides 24/7 confidential support, legal aid, and psychological counseling for survivors of domestic and sexual violence).*
- **Information on Violence (National Hotline):** `0 800 91 90 10` *(A toll-free national number for residents of Monaco seeking information and guidance regarding domestic abuse).*
- **Monaco Women's Shelter:** Coordinated through the **AVIP** or the **Department of Social Affairs** at `+377 98 98 41 00` for emergency housing and protection.

- **Emergency Police Intervention:** If you are in immediate danger, dial 17 or 112.

Addiction & Substance Abuse Help

- **Addictology Unit (CHPG):** +377 97 98 84 19 *(Located at Princess Grace Hospital, this unit provides detoxification, outpatient consultations, and specialized support for alcohol and drug dependency).*
- **Espace Méditerranéen d'Adolescence (EMA):** +377 98 98 46 64 *(Specialized support for teenagers and young adults struggling with addiction or behavioral issues).*
- **Alcoholics Anonymous (AA) Monaco:** +33 4 93 82 48 51 *(English and French-speaking meetings are held regularly in the Principality).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 18 (Ambulance) or 112 immediately.

Here is the information for **Mongolia**, maintaining the exact formatting for your document.

Mongolia operates a series of dedicated three-digit shortcodes for emergency services. While the country is vast, the response infrastructure in the capital, Ulaanbaatar, is highly developed. For the nomadic populations in rural areas, the **103** and **105** services are the primary lifelines for medical and disaster rescue.

Mongolia 🇲🇳

> **Important Note on Dialing Codes:** Mongolia's country code is `+976`. Emergency numbers like `101`, `102`, and `103` are local numbers to be dialed exactly as shown. For non-Mongolian speakers, operators in Ulaanbaatar often have access to **English** translators, but it is helpful to have a local contact or address ready to provide.

General Emergency Numbers

- **Police (Tsagdaa):** `102` *(The primary number for security and reporting crimes).*
- **Ambulance (Yaaraltai Tuslamj):** `103` *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade:** `101` *(Direct line for fire emergencies).*
- **Emergency Management (NEMA):** `105` *(The National Emergency Management Agency, used for search and rescue, natural disasters, and technical rescues).*
- **Road Police:** `+976 7011 2100` *(Specifically for traffic accidents and road safety in the capital).*

Suicide Prevention & Mental Health Crises

- **Mental Health Helpline:** `1800-2000` *(A 24/7 national toll-free hotline operated by the National Center for Mental Health (NCMH). It provides crisis counseling and suicide prevention support).*
- **NCMH Emergency Unit:** `+976 11 452 244` *(The primary psychiatric hospital in Ulaanbaatar for acute assessments and inpatient care).*
- **National Center for Public Health:** `+976 11 450 645` *(Provides guidance on mental health resources and psychological first aid).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `103` (Ambulance) or `102` (Police).

Domestic Violence & Abuse

- **Domestic Violence Hotline:** `107` *(A specialized national shortcode for reporting domestic abuse. It connects callers to the Police Department’s unit for the Protection of Victims of Domestic Violence).*
- **National Center Against Violence (NCAV):** `+976 11 326 163` *(An NGO providing 24/7 shelter, legal aid, and psychological counseling for survivors of domestic and sexual violence).*
- **Child Helpline:** `108` *(A 24/7 national toll-free line for reporting child abuse, neglect, and protecting the rights of minors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `102` or the specialized `107` line.

Addiction & Substance Abuse Help

- **Narcology Center (Ulaanbaatar):** `+976 11 350 491` *(The primary state facility for the treatment of alcohol and drug addiction, providing detoxification and long-term rehabilitation).*
- **NCMH Substance Abuse Unit:** `+976 11 452 244` *(Provides psychiatric support for co-occurring mental health and addiction issues).*
- **Alcoholics Anonymous (AA) Mongolia:** `+976 9919 4446` *(Contact for local Mongolian and English recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `103` (Ambulance) immediately.

Here is the information for **Montenegro**, maintaining the exact formatting for your document.

Montenegro uses a combination of the universal European emergency number and specific legacy shortcodes. The country has a very active NGO sector that provides critical 24/7 support for domestic violence and mental health, often filling gaps in state-run services.

Montenegro 🇲🇪

> **Important Note on Dialing Codes:** Montenegro's country code is +382. The unified emergency number **112** is the primary point of contact for all urgent situations. Operators are typically fluent in **Montenegrin (Serbian/Croatian/Bosnian)** and **English**, particularly in coastal tourist areas like Budva and Kotor.

General Emergency Numbers

- **Unified Emergency Service:** 112 *(The primary number for Police, Fire, and Ambulance nationwide).*
- **Police (Policija):** 122 *(Direct line for security and reporting crimes).*
- **Ambulance (Hitna Pomoć):** 124 *(Direct line for medical emergencies).*
- **Fire Brigade:** 123 *(Direct line for fire and rescue services).*
- **Mountain Rescue Service (GSS):** 195 or via 112 *(Essential for hikers in Durmitor or Lovćen National Parks).*
- **Maritime Assistance:** 129 *(For emergencies at sea).*

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** 116 111 *(A 24/7 free, confidential SOS line providing emotional support and suicide prevention counseling).*
- **Institute for Public Health Support Line:** +382 20 241 540 *(Provides psychological support; typically available 8 AM – 8 PM, Monday to Friday).*
- **Clinical Center of Montenegro (Psychiatry):** +382 20 412 412 *(The primary hospital in Podgorica for acute psychiatric emergencies and inpatient care).*
- **Queer Montenegro Helpline:** +382 69 164 626 *(Provides specialized psychological support and counseling for the LGBTQIA+ community).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 124 (Ambulance) or 112 immediately.

Domestic Violence & Abuse

- **National SOS Hotline for Victims of Violence:** 080 111 111 *(A 24/7 free, anonymous national hotline providing psychological support, legal information, and coordination with safe houses. It is accessible from any network).*
- **SOS Podgorica:** +382 20 232 253 *(Specialized support for women and children victims of violence in the capital).*

- **Women’s Rights Center:** +382 67 166 800 *(Provides legal aid and psychological support for survivors of domestic abuse and human trafficking).*
- **Safe Women's House (Sigurna Ženska Kuća):** +382 69 013 321 *(Offers 24/7 emergency shelter and protection for women and children in danger).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 122 or 112.

Addiction & Substance Abuse Help

- **JU Kakaricka Gora:** +382 20 611 847 *(The primary public institution for the rehabilitation and resocialization of substance users in Podgorica).*
- **NGO 4 Life:** +382 67 337 333 *(A prominent NGO providing counseling, support groups, and harm reduction services for drug and alcohol dependency).*
- **CAZAS:** +373 67 602 222 *(Provides psychosocial support and harm reduction for individuals struggling with addiction).*
- **Alcoholics Anonymous (AA) Montenegro:** Meetings are primarily held in Podgorica; the **JU Kakaricka Gora** center can provide current meeting schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 124 (Ambulance) or 112 immediately.

Here is the information for **Morocco**, maintaining the exact formatting for your document.

Morocco utilizes a tiered emergency system where specific services are reached via dedicated shortcodes. While urban centers have highly responsive services, the **Gendarmerie Royale (177)** is the primary responder for rural areas and highways.

Morocco 🇲🇦

> **Important Note on Dialing Codes:** Morocco's country code is `+212`. Emergency numbers like `19`, `15`, and `177` are local numbers. Operators are typically fluent in **Arabic and French**, with **English** speakers increasingly available in major tourist hubs like Marrakech, Casablanca, and Agadir.

General Emergency Numbers

- **Police (Urban):** `19` *(The primary number for security and reporting crimes in cities).*
- **Ambulance & Fire (Sapeurs-Pompiers):** `15` *(Direct line for medical emergencies, accidents, and fires).*
- **Gendarmerie Royale (Rural/Highway):** `177` *(The primary contact for security and emergencies outside of major urban centers).*
- **SOS Médecins (Private):** `05 22 98 98 98` (Casablanca) / `05 24 44 44 44` (Marrakech) *(Private rapid-response doctors often used by expats and tourists).*
- **Highway Emergency:** `5050` *(Specific number for assistance on the Moroccan national motorway network).*

Suicide Prevention & Mental Health Crises

- **Sourire de Reda:** `+212 6 00 04 45 45` *(A specialized NGO providing emotional support and suicide prevention, primarily for young people, via their "Chayeb" helpline. Support is available in **French and Arabic**).*
- **Arrazi Psychiatric Hospital (Salé/Rabat):** `+212 5 37 81 22 55` *(The national reference center for psychiatric emergencies and acute inpatient care).*
- **Ibn Nafis Psychiatric Hospital (Marrakech):** `+212 5 24 43 00 21` *(Primary emergency psychiatric facility for the southern region).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `15` (Ambulance) or transport the individual to the nearest University Hospital (CHU) emergency department.

Domestic Violence & Abuse

- **National Hotline (Cellules de Prise en Charge):** 8000 000 83 *(A toll-free national line for women victims of violence, operated by the Ministry of Solidarity and Social Development).*
- **Police Unit for Women (Cellules de la DGSN):** Accessed via 19 *(Specialized units within police stations dedicated to handling domestic violence and sexual assault).*
- **LDDF (Ligue Démocratique des Droits des Femmes):** +212 5 22 26 01 22 *(Provides legal aid, psychological support, and shelter referrals for survivors of abuse).*
- **Union de l'Action Féminine (UAF):** +212 5 37 72 74 11 *(Operates "Anaruz," a national network of centers for victims of violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 19 (Urban) or 177 (Rural).

Addiction & Substance Abuse Help

- **National Center for Addictology (Sale):** +212 5 37 86 33 33 *(The country's leading facility for detoxification and drug/alcohol rehabilitation).*
- **Centre d'Addictologie (Casablanca - CHU Ibn Rochd):** +212 5 22 48 40 40 *(Provides outpatient and inpatient treatment for substance dependency).*
- **Association Nassim (Addiction Support):** +212 5 22 25 15 15 *(An NGO offering support and harm reduction for individuals and families affected by addiction).*
- **Alcoholics Anonymous (AA) Morocco:** +212 6 61 24 57 26 *(Contact for local recovery meetings in major cities).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 15 (Ambulance) immediately.

Mozambique 🇲🇿

Important Note on Dialing Codes: Mozambique's country code is `+258`. Emergency numbers like `119`, `117`, and `198` are local numbers. **Safety Note:** Response times for public ambulances can be inconsistent. In Maputo, many residents and travelers utilize **ER24** or **MSF** (Médecins Sans Frontières) protocols for medical crises. Operators primarily speak **Portuguese**, though English speakers are common in major Maputo hospitals.

General Emergency Numbers

- **Police (PRM - Polícia da República de Moçambique):** `119` *(The primary number for security and reporting crimes).*
- **Ambulance (State):** `117` *(Direct line for the central ambulance dispatch).*
- **Fire Brigade (Corpo de Salvação Pública):** `198` *(Direct line for fire and rescue services).*
- **Mozambique Red Cross (Cruz Vermelha):** `+258 21 497 721` *(Often provides disaster and emergency medical coordination).*
- **Tourist Police (Maputo):** `+258 21 320 808` *(Specifically for assisting foreign nationals with security issues).*

Suicide Prevention & Mental Health Crises

- *Mozambique does not currently operate a dedicated, national 24/7 suicide prevention hotline.*
- **Maputo Central Hospital (Psychiatry Dept):** `+258 21 325 081` *(The primary public hospital for psychiatric assessment and emergency mental health care).*
- **Mental Health Association (AMSM):** `+258 84 591 6320` *(A local NGO providing psychological support and advocacy; they can often provide referrals to licensed counselors).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `117` (Ambulance) or transport the individual to the nearest provincial hospital (Hospital Provincial).

Domestic Violence & Abuse

- **Linha Fala Criança (Childline):** `116` *(A 24/7 toll-free national hotline for reporting child abuse, neglect, and domestic violence. It is one of the most reliable social services in the country).*

- **National GBV Hotline (Linha Verde):** `1458` *(A free hotline supported by the WFP and partners to report various issues, including gender-based violence and protection concerns).*
- **Gabinete de Atendimento à Família e Menores:** Located in most major police stations, these specialized desks are dedicated to handling domestic violence and sexual assault cases.
- **Forum Mulher:** `+258 21 310 343` *(An NGO network providing advocacy and support for women's rights and survivors of violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `119`.

Addiction & Substance Abuse Help

- **United Nations Office on Drugs and Crime (UNODC) Mozambique:** `+258 21 492 341` *(Provides information on national drug policy and treatment resources).*
- **Hospital Psiquiátrico de Infulene:** `+258 21 400 372` *(The specialized psychiatric facility in Maputo that handles detoxification and long-term addiction treatment).*
- **REMA (Rede Moçambicana de Abuso de Drogas):** A local network focusing on drug abuse prevention and community support for recovery.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `117` (Ambulance) immediately.

Myanmar 🇲🇲

Important Note on Dialing Codes: Myanmar's country code is +95. Emergency numbers like 199, 191, and 192 are local numbers to be dialed exactly as shown. **Safety Note:** In many areas, especially outside Yangon, Mandalay, and Nay Pyi Taw, emergency services may be limited during curfew hours. For foreign nationals, the **Tourist Police** are often the best point of contact for navigating local administrative issues.

General Emergency Numbers

- **Police (Ye):** 199 *(The primary number for security and reporting crimes in urban areas).*
- **Ambulance (State):** 192 *(Direct line for medical emergencies; often connected to major hospitals like Yangon General).*
- **Fire Brigade:** 191 *(Direct line for fire and technical rescue services).*
- **Myanmar Red Cross Society:** +95 1 392 028 or +95 9 765 400 200 *(Often provides rapid ambulance and disaster response).*
- **Tourist Police (Yangon):** +95 1 376 166 *(Specifically for assisting foreign visitors).*

Suicide Prevention & Mental Health Crises

- **Red Cross Mental Health Support Line:** +95 9 765 400 200 *(A 24/7 free and confidential hotline providing emotional support and crisis intervention).*
- **MHAP Myanmar (Mental Health Assistance):** +95 9 250 375 961 *(Provides counseling and suicide prevention support; typically available Monday–Saturday, 9 AM – 6 PM).*
- **Colors Rainbow (LGBTQIA+ Support):** +95 9 420 189 998 *(Specialized crisis support and counseling for the LGBTQIA+ community).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 192 (Ambulance) or transport the individual to the nearest General Hospital emergency department.

Domestic Violence & Abuse

- **Akhaya Women Myanmar Hotline:** +95 9 795 706 265 or +95 9 786 371 055 *(Provides emergency support, counseling, and legal guidance for survivors of gender-based violence).*
- **Social Welfare Department (Childline):** 111 *(A national toll-free line for reporting child abuse and seeking protection for minors).*

- **MWAF (Women's Affairs Federation):** `+95 67 419 173` *(A government-sanctioned organization providing social support and mediation for families).*
- **Legal Clinic National Hotline:** `+95 9 266 684 448` *(Offers legal advice and assistance for victims of abuse and human rights violations).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `199`. In many townships, community-based "social support groups" are often the fastest responders for physical protection.

Addiction & Substance Abuse Help

- **Yangon Mental Health Hospital (Addiction Unit):** `+95 1 642 600` *(The primary public facility for medical detoxification and inpatient addiction treatment).*
- **Drug Elimination Museum Support Unit:** Provides information on state-led rehabilitation programs and voluntary treatment centers.
- **UNODC Community-Based Treatment:** Various community centers in states like Shan and Kachin offer harm reduction and peer-led recovery support.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `192` (Ambulance) or `+95 9 765 400 200` (Red Cross) immediately.

Namibia 🇳🇦

Important Note on Dialing Codes: Namibia's country code is `+264`. Emergency numbers like `10111`, `211111`, and `924` are local numbers. **Safety Note:** Response times in the vast desert regions can be long. For medical emergencies on national roads or in remote areas, the private service **eMedRescue24** or **Westair** is often used for air and ground evacuation.

General Emergency Numbers

- **Police (National):** `10111` *(The primary number for security and reporting crimes nationwide).*
- **City Police (Windhoek Only):** `+264 61 302 302` or `211 111` *(A highly responsive 24/7 unified center for Crime, Traffic, and Fire in the capital).*
- **Ambulance (State):** `924` *(Direct line for state-run medical emergency services).*
- **eMedRescue24 (Private):** `924` or `081 924` *(The leading private paramedic and evacuation service).*
- **Fire Brigade:** `+264 61 211 111` (Windhoek) / `+264 64 214 333` (Walvis Bay).
- **Tourist Police:** Visitors are encouraged to contact the **City Police** in Windhoek or the nearest regional police station.

Suicide Prevention & Mental Health Crises

- **LifeLine ChildLine Namibia:** `116` or `061 232 221` *(A 24/7 free, confidential national hotline providing emotional support and suicide prevention. It is accessible to adults and children).*
- **Mental Health Unit (Windhoek Central Hospital):** `+264 61 203 3316` *(The primary public facility for psychiatric emergencies and inpatient care).*
- **Psychology Association of Namibia (PAN):** Provides a directory of licensed clinicians for crisis counseling and long-term support.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `211 111` (City Police) or `924` (Ambulance).

Domestic Violence & Abuse

- **Gender-Based Violence (GBV) Protection Unit:** `+264 61 209 4339` *(A specialized police unit dedicated to handling domestic violence, sexual assault, and child abuse cases. Units are located in major towns).*
- **LifeLine ChildLine:** `116` *(A dedicated 24/7 toll-free national hotline for reporting child abuse and domestic violence).*

- **Women’s Solidarity Namibia:** `+264 61 262 275` *(An NGO providing counseling, legal advice, and support for survivors of gender-based violence).*
- **Legal Assistance Centre (LAC):** `+264 61 223 356` *(Provides legal aid and information for survivors regarding protection orders).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `10111` or the Windhoek City Police at `211 111`.

Addiction & Substance Abuse Help

- **Elandshuis / Ichtus Rehabilitation:** `+264 61 254 391` *(One of the primary residential facilities in Namibia for drug and alcohol dependency).*
- **The Alcohol and Drug Help Centre (ADHC):** `+264 61 240 287` *(Provides outpatient counseling and support for addicts and their families).*
- **Narcotics Anonymous (NA) Namibia:** `+264 81 251 1618` *(Contact for local recovery meetings in Windhoek and Swakopmund).*
- **Alcoholics Anonymous (AA) Namibia:** `+264 81 124 5322`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `924` (Ambulance) immediately.

Nauru 🇳🇷

Important Note on Dialing Codes: Nauru's country code is `+674`. The primary emergency number is **110**. Given the island's small size, emergency services are generally centralized, and response times are typically fast, though specialized medical care often requires evacuation to Australia or Fiji.

General Emergency Numbers

- **Unified Emergency (Police/Ambulance/Fire):** `110` *(The primary contact for all life-threatening emergencies).*
- **Police (Direct):** `112` *(Direct line for the Nauru Police Force).*
- **Republic of Nauru Hospital (Ambulance):** `111` *(Direct line for medical emergencies).*
- **Fire & Rescue:** `112` or `110`
- **Maritime Rescue:** `+674 557 3011` *(Coordinated through the Police and Port Authority).*

Suicide Prevention & Mental Health Crises

- **MIND National Hotline:** `114` *(A recently established 24/7 national mental health and suicide prevention hotline).*
- **Republic of Nauru Hospital (Mental Health Unit):** `+674 557 3060` *(Provides psychiatric assessment and counseling during business hours and handles emergency admissions).*
- **Naoero Public Health:** `+674 557 3121` *(Coordinates community psychosocial support services).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `111` (Ambulance) or `110` (Police) for immediate transport to the RONH.

Domestic Violence & Abuse

- **Safe Shelter Hotline:** `113` *(A dedicated 24/7 hotline for survivors of domestic violence and sexual assault. It provides immediate guidance and coordinates access to the national safe house).*
- **Nauru Police Force (Domestic Violence Unit):** `110` or `112` *(Request the specialized unit for sensitive handling of gender-based violence cases).*
- **Department of Women's Affairs:** `+674 557 3133` *(Provides social support, advocacy, and economic empowerment resources for women in difficult situations).*

- **Child Protection Services:** `110` *(All reports of child abuse or neglect should be directed to the police or the RONH social work department).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `110`.

Addiction & Substance Abuse Help

- **RONH Substance Abuse Counseling:** `+674 557 3060` *(The Mental Health Unit at the hospital provides outpatient support for alcohol and substance dependency).*
- **Public Health Awareness Unit:** Provides education on the dangers of substance abuse and local support group information.
- **Community-Based Support:** Local church groups often provide the primary peer-support network for those in recovery on the island.
- **Emergency Medical Overdose:** For any loss of consciousness or drug/alcohol-related medical crisis, dial `111` (Ambulance) immediately.

Nepal 🇳🇵

> **Important Note on Dialing Codes:** Nepal's country code is `+977`. Emergency numbers like `100`, `101`, and `102` are local numbers to be dialed exactly as shown. **Safety Note:** In mountainous or rural regions, formal emergency response can be extremely limited; in these areas, contacting the local **District Police Office** or a trekking agency for helicopter evacuation (if applicable) is often the only option.

General Emergency Numbers

- **Police (Prahari):** `100` *(The primary number for security and reporting crimes).*
- **Fire Brigade (Damkal):** `101` *(Direct line for fire and rescue services).*
- **Ambulance (Nepal Red Cross):** `102` *(A widely used number for ambulance dispatch).*
- **Traffic Police:** `103` *(Specifically for road accidents and traffic issues in urban centers).*
- **Tourist Police:** `1144` *(A dedicated 24/7 toll-free service for assisting foreign visitors with security, theft, or lost documents).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Helpline:** `1166` *(A 24/7 toll-free national hotline operated by the Mental Health Hospital in coordination with the government. It provides immediate crisis counseling in **Nepali and English**).*
- **Patan Hospital Helpline:** `9813473506` *(A dedicated 24/7 suicide prevention line provided by one of the country's leading psychiatric departments).*
- **TUTH Mental Health Helpline:** `9840021212` *(Operated by Tribhuvan University Teaching Hospital for psychiatric emergencies).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `100` (Police) or `102` (Ambulance).

Domestic Violence & Abuse

- **National Women's Commission (Khabar Garaun):** `1145` *(A 24/7 toll-free hotline for reporting domestic violence, sexual harassment, and human trafficking. It provides psychological support and legal referrals).*
- **Child Helpline Nepal:** `1098` *(A 24/7 national toll-free line for reporting child abuse, exploitation, or neglect).*
- **WOREC Nepal:** `16600178910` *(A prominent NGO providing 24/7 support and counseling for survivors of gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `100`. You can request the "Women and Children Service Center" unit within the police force.

Addiction & Substance Abuse Help

- **Narcotic Control Bureau (NCB):** `+977 1 443 3143` *(While primarily for enforcement, they provide information on state-sanctioned rehabilitation resources).*
- **Richmond Fellowship Nepal:** `+977 1 437 2341` *(A leading NGO providing residential rehabilitation and detoxification programs for drug and alcohol dependency).*
- **Narconon Nepal:** `+977 1 435 5550` *(Provides specialized drug rehabilitation and education services).*
- **Alcoholics Anonymous (AA) Nepal:** `+977 984 130 5236` *(Contact for local recovery meetings in Kathmandu).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `102` (Ambulance) or transport the individual to the nearest hospital emergency department (e.g., **Teaching Hospital** or **Bir Hospital**).

Netherlands 🇳🇱

Important Note on Dialing Codes: The Netherlands country code is +31. The unified emergency number **112** is the primary point of contact for Police, Fire, and Ambulance. For non-emergency police assistance (e.g., reporting a crime that is not in progress), dial **0900-8844**. Operators are generally fluent in **Dutch, English, German, and French**.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for all life-threatening emergencies).*
- **Police (Non-Emergency):** `0900-8844` *(For situations where immediate police presence is not required).*
- **Coast Guard (Kustwacht):** `0900-0111` or via 112 *(For North Sea search and rescue).*
- **Poison Control (NVIC):** `+31 88 755 8000` *(Available to medical professionals, but individuals can call 112 for acute poisoning).*

Suicide Prevention & Mental Health Crises

- **113 Suicide Prevention (113 Zelfmoordpreventie):** 113 or `0800-0113` *(The national 24/7 hotline for suicide prevention. It is free, anonymous, and provides support via phone or chat at* `113.nl`*. Support is available in* ***Dutch and English****).*
- **MIND Korrelatie:** `0900-1450` *(Provides professional psychological support for a wide range of mental health issues via phone, chat, or WhatsApp. Available Monday–Friday, 9 AM – 9 PM).*
- **General Practitioner (Huisarts):** In the Netherlands, the GP is the gatekeeper for mental health. For after-hours crises, contact the local **Huisartsenpost** (GP Out-of-Hours Surgery).
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 immediately.

Domestic Violence & Abuse

- **Veilig Thuis (Safe at Home):** `0800-2000` *(The national 24/7 toll-free point of contact for domestic violence and child abuse. It provides advice, support, and intervention for victims, bystanders, and perpetrators).*
- **Blijf Groep:** `088 234 2450` *(A major NGO providing emergency shelter and specialized "Oranje Huis" safe houses for victims of domestic violence).*

- **Sexual Violence Center (Centrum Seksueel Geweld):** `0800-0188` *(A specialized 24/7 service offering medical, psychological, and legal aid specifically for survivors of sexual assault).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`.

Addiction & Substance Abuse Help

- **Jellinek Information Line:** `088 505 1220` *(The leading expert center for addiction in the Netherlands. Provides professional advice and treatment referrals for alcohol, drugs, and gambling).*
- **Trimbos Institute (Drug Information Line):** `0900-1995` *(Provides anonymous, professional information about drugs and addiction).*
- **Alcoholics Anonymous (AA) Netherlands:** `020 625 6057` *(Contact for local English and Dutch-speaking recovery meetings).*
- **Narcotics Anonymous (NA) Netherlands:** `06 22 34 10 50`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Ambulance) immediately. Note: Under Dutch law, medical professionals are focused on saving lives rather than prosecution for drug use in emergency scenarios.

New Zealand 🇳🇿

Important Note on Dialing Codes: New Zealand's country code is `+64`. The unified emergency number **111** is the primary point of contact for all life-threatening emergencies. For non-emergency police matters (e.g., theft without immediate danger), dial **105**. Operators are fluent in **English**, and the "Language Line" service provides 24/7 translation for over 40 other languages.

General Emergency Numbers

- **National Unified Emergency:** `111` *(The primary contact for Police, Fire, and Ambulance).*
- **Police (Non-Emergency):** `105` *(For reporting crimes that have already occurred and do not require an immediate response).*
- **St John Ambulance:** `111` *(The primary provider for medical emergencies nationwide, except in the Greater Wellington region).*
- **Wellington Free Ambulance:** `111` *(The primary emergency medical provider for the Wellington and Wairarapa regions).*
- **Search and Rescue (RCCNZ):** `+64 4 577 8030` *(For maritime or aviation distress).*
- **National Poisons Centre:** `0800 764 766` *(24/7 expert advice on poisonings).*

Suicide Prevention & Mental Health Crises

- **Need to Talk? (Mental Health Line):** `1737` *(A 24/7 free national service. You can call or text **1737** anytime to talk with a trained counselor. This is the primary entry point for emotional distress).*
- **Lifeline Aotearoa:** `0800 543 354` or text `4357` (HELP) *(24/7 confidential support from qualified counselors).*
- **Suicide Crisis Helpline:** `0508 828 865` (0508 TAUTOKO) *(Specifically for those in distress or those worried about others).*
- **Youthline:** `0800 376 633` or text `234` *(Specialized support for young people).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `111` immediately.

Domestic Violence & Abuse

- **Shine (Domestic Violence Helpline):** `0508 744 633` *(A 24/7 free national helpline providing support and local referrals for those experiencing domestic abuse).*
- **Women's Refuge:** `0800 733 843` (0800 REFUGE) *(A 24/7 crisis line providing safe housing and advocacy for women and children escaping violence).*

- **It’s Not OK Info Line:** `0800 456 450` *(Provides information and resources for people wanting to change their violent behavior or help others).*
- **Safe to Talk (Sexual Harm):** `0800 044 334` or text `4334` *(A 24/7 confidential service for anyone affected by sexual harm).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `111`. If you cannot speak, you can stay on the line and press **55** when prompted to indicate a "Silent Call" emergency.

Addiction & Substance Abuse Help

- **Alcohol Drug Helpline:** `0800 787 797` or text `8681` *(A 24/7 free, confidential service providing information, support, and treatment referrals).*
- **The Level:** A specialized resource (thelevel.org.nz) for peer-led advice on drug and alcohol safety.
- **Alcoholics Anonymous (AA) NZ:** `0800 229 6757` *(National contact for local recovery meetings).*
- **Narcotics Anonymous (NA) NZ:** `0800 628 632`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `111` (Ambulance) immediately. New Zealand has a "Good Samaritan" culture regarding medical emergencies involving illegal substances.

Nicaragua 🇳🇮

> **Important Note on Dialing Codes:** Nicaragua's country code is `+505`. Emergency numbers like `118`, `115`, and `128` are local numbers to be dialed exactly as shown.
> **Safety Note:** Response times in rural or mountainous regions can be slow. In major cities like Managua, León, and Granada, the **Red Cross** is frequently the primary provider of emergency ambulance services. Operators predominantly speak **Spanish**.

General Emergency Numbers

- **Police (Policía Nacional):** `118` *(The primary number for security and reporting crimes).*
- **Fire & Rescue (Bomberos):** `115` *(Direct line for fire emergencies and technical rescues).*
- **Red Cross (Cruz Roja Nicaragüense):** `128` *(The most common number for medical emergencies and ambulance dispatch).*
- **Unified Emergency (SINARED):** `100` *(The national system for disaster prevention and large-scale emergencies).*
- **Tourist Assistance:** `+505 2222 2921` *(INTUR provides assistance for travelers through their central office).*

Suicide Prevention & Mental Health Crises

- *Nicaragua does not currently have a single, dedicated national 24/7 suicide prevention shortcode.*
- **Hospital Psiquiátrico de Managua (Hospital José Dolores Fletes):** `+505 2265 0313` *(The primary public psychiatric facility for emergency assessment and acute care).*
- **Centro de Prevención de la Violencia (CEPREV):** `+505 2266 5714` *(An NGO providing psychosocial support and crisis intervention, focusing on youth and families).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `128` (Red Cross) or `118` (Police).

Domestic Violence & Abuse

- **Comisarías de la Mujer:** `118` *(Request to speak with the "Comisaría de la Mujer" when calling the police. These are specialized units for handling domestic violence and sexual assault).*
- **Línea de Ayuda (Ministerio de la Familia):** `133` *(A national toll-free hotline for reporting child abuse, neglect, and family violence).*

- **Red de Mujeres contra la Violencia:** +505 2278 7808 *(An NGO network providing support, legal guidance, and advocacy for survivors of gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 118.

Addiction & Substance Abuse Help

- **Centro de Rehabilitación (CPV):** +505 2266 5714 *(Provides outpatient and community-based support for substance dependency).*
- **Remar Nicaragua:** +222 2271 2715 *(A prominent international NGO with residential centers in Nicaragua for drug and alcohol rehabilitation).*
- **Alcoholics Anonymous (AA) Nicaragua:** +505 2266 3133 *(Central office contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 128 (Red Cross) or transport the individual to the nearest hospital emergency room (e.g., **Hospital Lenín Fonseca** in Managua).

Niger 🇳🇪

Important Note on Dialing Codes: Niger's country code is `+227`. Emergency numbers like `17`, `18`, and `15` are local numbers. **Safety Note:** Outside of urban areas, emergency response is limited. For medical crises, private transport or the **Nigerien Red Cross** are often utilized. Operators primarily speak **French**, though local languages (Hausa, Zarma) are widely used by dispatchers.

General Emergency Numbers

- **Police (Police Nationale):** `17` *(The primary number for security and reporting crimes in urban areas).*
- **Gendarmerie (National Guard):** `17` or `+227 20 73 32 34` *(Used for security in rural areas and along national highways).*
- **Fire & Medical Emergency (Sapeurs-Pompiers):** `18` *(The primary contact for fires, road accidents, and acute medical crises).*
- **Ambulance (SAMU):** `15` *(Direct line for specialized medical emergency services in Niamey).*
- **Nigerien Red Cross:** `+227 20 73 33 24` *(Provides disaster response and first aid coordination).*

Suicide Prevention & Mental Health Crises

- *Niger does not currently operate a dedicated, national 24/7 suicide prevention hotline.*
- **Hôpital National de Niamey (Psychiatry Unit):** `+227 20 72 22 53` *(The primary public hospital for psychiatric assessment and inpatient crisis care).*
- **SOS Psychologues Niger:** A professional network that provides psychological support; they are often reachable through the Ministry of Health or major hospital referrals.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `18` (Sapeurs-Pompiers) or transport the individual to the nearest regional hospital (Hôpital Régional).

Domestic Violence & Abuse

- **Allo 116 (Child Helpline):** `116` *(A 24/7 toll-free national hotline for reporting child abuse, neglect, and protecting minors).*
- **SOS Femmes et Enfants Victimes de Violence:** `+227 96 96 34 38` *(A prominent NGO providing counseling, legal aid, and temporary shelter for survivors of gender-based violence).*

- **Association des Femmes Juristes du Niger (AFJN):** `+227 20 73 34 16` *(Provides legal support and advocacy for women escaping domestic abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `17`.

Addiction & Substance Abuse Help

- *Addiction treatment is primarily integrated into the psychiatric departments of public hospitals.*
- **Service de Psychiatrie (Hôpital National):** `+227 20 72 22 53` *(Provides detoxification and psychiatric follow-up for substance dependency).*
- **L'Association Nigérienne de Lutte contre la Toxicomanie:** A local organization focused on drug prevention and community-based recovery support.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `18` (Sapeurs-Pompiers) or `15` (SAMU) immediately.

Nigeria 🇳🇬

Important Note on Dialing Codes: Nigeria's country code is `+234`. The unified emergency number **112** is the primary national point of contact for Police, Fire, and Ambulance. **Safety Note:** In many states, the **Federal Road Safety Corps (122)** is the fastest responder for highway accidents. For medical emergencies, private ambulance services like **LASAMBUS** (in Lagos) or the **Red Cross** are highly utilized.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for all life-threatening emergencies nationwide).*
- **Police (NPF):** `112` or `199` *(Direct line for security and reporting crimes).*
- **Federal Road Safety Corps (FRSC):** `122` *(Primary responder for road traffic accidents and highway emergencies).*
- **Lagos State Emergency:** `767` or `112` *(A dedicated, highly responsive service for those within Lagos State).*
- **Fire Service (Federal):** `0803 200 3557` *(Direct line for the Federal Fire Service).*
- **NEMA (Disaster Management):** `0800 225 56362` *(National Emergency Management Agency).*

Suicide Prevention & Mental Health Crises

- **Nigeria Suicide Prevention Helpline:** `0806 210 6493` or `0809 212 7438` *(Operated by the Nigeria National Substance Abuse and Mental Health Services).*
- **Mentally Aware Nigeria Initiative (MANI):** `0809 111 6264` *(A 24/7 crisis support service and suicide prevention hotline. They also offer support via WhatsApp).*
- **Surge Mental Health:** `0803 241 1205` *(Provides 24/7 psychological first aid and crisis counseling).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` or transport the individual to the nearest Federal Neuro-Psychiatric Hospital (e.g., **Yaba Left** in Lagos).

Domestic Violence & Abuse

- **Lagos State Domestic & Sexual Violence Agency (DSVA):** `0800 033 3333` *(A 24/7 toll-free hotline for reporting abuse and seeking emergency shelter in Lagos).*
- **NAPTIP (Human Trafficking & Abuse):** `0800 225 56278` *(The National Agency for the Prohibition of Trafficking in Persons handles cases of exploitation and severe abuse).*

- **Women’s Rights and Health Project (WRAHP):** `0700 333 3333` *(Provides legal and psychological support for survivors of gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`. You can request the "Gender Unit" or "Family Support Unit" (FSU) at major police commands.

Addiction & Substance Abuse Help

- **NDLEA Call Center:** `0800 102 03040` *(A 24/7 toll-free line provided by the National Drug Law Enforcement Agency for drug-related counseling and treatment referrals).*
- **Vanguard Against Drug Abuse (VGADA):** `0803 241 1205` *(Provides information and support for individuals seeking rehabilitation).*
- **Freedom Foundation:** `0800 373 3366` *(An NGO providing extensive drug rehabilitation and resocialization programs, particularly in Lagos).*
- **Alcoholics Anonymous (AA) Nigeria:** `+234 810 931 7511` *(Contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Ambulance) or transport the individual to the nearest teaching hospital emergency ward immediately.

North Macedonia 🇲🇰

> **Important Note on Dialing Codes:** North Macedonia's country code is +389. The unified emergency number **112** is the primary point of contact for Police, Fire, and Ambulance. Operators are fluent in **Macedonian and Albanian**, with **English** speakers available at the 112 central dispatch.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for all life-threatening emergencies).*
- **Police (Policija):** 192 *(Direct legacy line for security and reporting crimes).*
- **Ambulance (Brza Pomoš):** 194 *(Direct legacy line for medical emergencies).*
- **Fire Brigade:** 193 *(Direct legacy line for fire and rescue services).*
- **Road Assistance (AMSM):** 196 *(For vehicle breakdowns and highway emergencies).*

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** 02 15 123 *(A dedicated helpline for psychological support and crisis intervention, operated by the University Clinic of Psychiatry).*
- **Self-Harm Prevention Line:** 02 3119 583 *(A specialized line for those experiencing suicidal thoughts or emotional despair).*
- **First Children's Embassy in the World (Megjashi):** 0800 12222 *(A 24/7 free SOS line for children and youth in distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 or 194 (Ambulance).

Domestic Violence & Abuse

- **National SOS Line for Domestic Violence:** 141 700 *(A 24/7 toll-free national hotline providing psychological support and referral to specialized services and shelters).*
- **Crisis Center "Hope" (Nadež):** 02 3116 529 *(Provides 24/7 support and emergency shelter for women and children escaping domestic abuse).*
- **Association for Emancipation, Solidarity, and Equality (ESE):** 02 3297 661 *(Provides legal aid and psychological counseling for survivors of gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112 or 192.

Addiction & Substance Abuse Help

- **National Center for Addiction:** 02 3131 106 *(Located in Skopje; provides detoxification, methadone therapy, and rehabilitation programs).*
- **HOPS (Healthy Options Project Skopje):** 02 3230 190 *(An NGO providing harm reduction, counseling, and psychosocial support for drug users and their families).*
- **Alcoholics Anonymous (AA) Macedonia:** +389 71 586 168 *(Contact for local recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 (Ambulance) immediately.

Norway 🇳🇴

Important Note on Dialing Codes: Norway's country code is +47. Norway uses three distinct emergency numbers: **110** (Fire), **112** (Police), and **113** (Ambulance). For non-emergency medical advice, dial the national "Legevakt" (Out-of-hours Medical Center) at **116 117**. Operators are fluent in **Norwegian and English**.

General Emergency Numbers

- **Police (Politiet):** `112` *(The primary number for life-threatening security issues and reporting crimes).*
- **Medical Emergency (Ambulanse):** `113` *(Direct line for life-threatening medical situations).*
- **Fire Brigade (Brann):** `110` *(Direct line for fire and rescue services).*
- **Legevakt (Non-Emergency Medical):** `116 117` *(Connects you to the nearest out-of-hours medical center for urgent but non-life-threatening care).*
- **Coast Guard / Maritime Rescue:** `120` or via `112`.

Suicide Prevention & Mental Health Crises

- **Mental Helse (Sidetmedord):** `116 123` *(A 24/7 free, national hotline for emotional support and suicide prevention. They also offer a secure chat service at* `sidetmedord.no`*).*
- **Kirkens SOS:** `22 40 00 40` *(A 24/7 crisis line providing emotional support and suicide prevention; they also offer a chat service).*
- **Psychiatric Emergency Outpatient Clinic (Oslo):** `116 117` *(Ask for the "Psychiatric Emergency" (Psykiatrisk legevakt) for immediate assessment).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `113` (Ambulance) immediately.

Domestic Violence & Abuse

- **National Domestic Violence Hotline (VO-Linjen):** `116 006` *(A 24/7 free, anonymous hotline for victims of domestic violence and sexual assault. They provide guidance, support, and connections to local shelters (Krisesenter)).*
- **Police Family Violence Unit:** Contact via `112` (Emergency) or `02800` (Non-emergency).
- **Alarmtelefonen for Barn og Unge:** `116 111` *(A 24/7 free hotline for children and youth experiencing abuse or neglect).*

- **DIXI Resource Center:** `22 44 40 50` *(Specialized support for survivors of sexual assault).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`.

Addiction & Substance Abuse Help

- **RUSinfo:** `915 08588` *(A national information and advisory service for drug and alcohol issues. Available 11 AM – 6 PM, Monday–Friday).*
- **Addiction Treatment (Tverrfaglig spesialisert rusbehandling - TSB):** Accessed through your GP or the **Legevakt (116 117)** for emergency detoxification and referrals.
- **Alcoholics Anonymous (AA) Norway:** `911 77 770` *(Contact for local Norwegian and English-speaking meetings).*
- **Narcotics Anonymous (NA) Norway:** `905 29 359`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `113` (Ambulance) immediately. Norway has a strong focus on harm reduction; medical aid is the priority.

Oman 🇴🇲

Important Note on Dialing Codes: Oman's country code is `+968`. The unified emergency number **9999** is the primary point of contact for Police, Fire, and Ambulance services. It is toll-free and accessible nationwide. Operators are generally fluent in **Arabic and English**. For non-emergencies or general police inquiries, you can contact the ROP headquarters at `+968 2456 0099`.

General Emergency Numbers

- **National Unified Emergency:** `9999` *(The primary contact for Police, Fire, Ambulance, and Coast Guard).*
- **Royal Oman Police (ROP):** `9999` *(Direct oversight of all security and safety operations).*
- **Civil Defence and Ambulance Authority (CDAA):** `9999` *(Specialized rescue and emergency medical services).*
- **Coast Guard:** `9999` or `+968 2471 4661` *(Critical for maritime emergencies along the extensive Omani coastline).*
- **Poison Control (MOH):** `+968 2444 1999` *(Direct line to the Ministry of Health for toxicological emergencies).*

Suicide Prevention & Mental Health Crises

- **Al Masarra Hospital (Psychiatric Emergency):** `+968 2444 3000` *(The national referral hospital for mental health. They provide 24/7 psychiatric emergency services and acute care assessment).*
- **Whispers of Serenity (Mental Health Awareness):** `+968 9935 9739` *(A prominent private clinic that frequently runs the "Not Alone" campaign, providing psychological support and resources).*
- **MOH Counseling Services:** `+968 2444 1999` *(The Ministry of Health's general inquiry line can provide referrals to regional psychiatric clinics).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `9999` immediately.

Domestic Violence & Abuse

- **Child Protection/Family Helpline:** `1100` *(A 24/7 toll-free national hotline operated by the Ministry of Social Development for reporting abuse against children and women).*
- **Royal Oman Police (Family Protection):** `9999` *(The ROP has specialized departments to handle domestic violence and sexual assault with confidentiality).*

- **Ministry of Social Development (Dar Al Wifaq):** `+968 2460 2830` *(Provides protection and temporary shelter for women and children escaping domestic abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `9999`.

Addiction & Substance Abuse Help

- **Al Masarra Hospital (Addiction Medicine):** `+968 2444 3000` *(Provides comprehensive medical detoxification and long-term rehabilitation programs).*
- **National Committee for Narcotics and Psychotropic Substances:** `+968 2460 0036` *(Coordinates national addiction strategy and provides information on voluntary treatment).*
- **Alcoholics Anonymous (AA) Oman:** `+968 9946 5183` *(Contact for local English and Arabic speaking recovery meetings in Muscat).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `9999` (Ambulance) immediately.

Pakistan 🇵🇰

Important Note on Dialing Codes: Pakistan's country code is +92. The unified emergency number is **911**, but you can still dial **15** for Police or **1122** for the Rescue Service directly. **Safety Note:** In major cities like Karachi, the **Edhi Foundation (115)** operates the world's largest voluntary ambulance fleet and is often the first to arrive on the scene.

General Emergency Numbers

- **National Unified Emergency (PEHEL):** 911 *(The primary contact for all life-threatening emergencies).*
- **Police (Madadgar):** 15 *(Direct line for the police service).*
- **Rescue 1122 (Ambulance/Fire/Rescue):** 1122 *(The primary emergency medical and fire responder in most provinces).*
- **Edhi Ambulance:** 115 *(The most widespread private/voluntary ambulance service in Pakistan).*
- **Motorway Police:** 130 *(For emergencies on national highways and motorways).*
- **Chhipa Ambulance:** 1020 *(A major voluntary ambulance service, particularly active in Karachi).*

Suicide Prevention & Mental Health Crises

- **Umang (Mental Health Hotline):** 0311-7786264 *(A 24/7 national suicide prevention and mental health support service staffed by clinical psychologists).*
- **Taskeen (Wellness Line):** 0316-8275336 *(Provides psychological first aid and mental health referrals, typically available 11 AM – 11 PM).*
- **British Council/Psychology Support:** 0800-22448 *(A toll-free line for students and youth in distress).*
- **Rozan Helpline:** 0800-22444 *(Provides emotional support and counseling for a variety of crises).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 1122 (Rescue) or 115 (Edhi).

Domestic Violence & Abuse

- **Zainab Alert (National Hotline):** 1099 *(A dedicated national hotline for reporting child abuse and missing children).*
- **Police Helpline for Women:** 15 *(Request the "Women Protection Cell" or "Gender-Based Violence Unit" within the local police station).*

- **Madadgaar Helpline:** 1098 *(The first helpline in Pakistan for women and children victims of violence and abuse).*
- **Ministry of Human Rights (National Helpline):** 1099 *(A toll-free number for reporting any human rights violations, including domestic violence).*
- **Punjab Police Women Safety App:** Residents of Punjab are encouraged to use the "Women Safety App" which features a panic button linked to the 15/1122 dispatch.
- **Emergency Police Intervention:** If you are in immediate danger, dial 15 or 911.

Addiction & Substance Abuse Help

- **Anti-Narcotics Force (ANF) Helpline:** 1415 *(A 24/7 national hotline for reporting drug crimes and seeking information on treatment).*
- **ANF Treatment Centers (MATRC):** +92 51 9270113 *(The Model Addiction Treatment & Rehabilitation Centers provide detoxification and rehabilitation services in major cities).*
- **Nai Zindagi Trust:** +92 42 3583 0446 *(Provides harm reduction and support services for drug users, particularly focusing on HIV prevention).*
- **Alcoholics Anonymous (AA) Pakistan:** Contact through the **Taskeen** line or local psychiatric hospitals for meeting locations in Karachi and Lahore.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 1122 (Rescue) or 115 (Edhi) immediately.

Palau 🇵🇼

Important Note on Dialing Codes: Palau's country code is `+680`. The unified emergency number **911** is the primary point of contact for Police, Fire, and Ambulance services. It is accessible nationwide and is toll-free. Operators are fluent in **Palauan and English**.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for Police, Fire, and Medical emergencies).*
- **Police (Bureau of Public Safety):** `+680 488 2421` *(Direct line for non-emergency security matters or reporting crimes).*
- **Belau National Hospital (Ambulance):** `+680 488 2558` *(The primary dispatch for medical emergencies and the island's main medical facility).*
- **Fire & Rescue:** `+680 488 2222` *(Direct line for the Division of Fire and Rescue).*
- **Division of Marine Law Enforcement:** `+680 488 2522` *(Critical for maritime search and rescue and boating emergencies).*

Suicide Prevention & Mental Health Crises

- **Behavioral Health Division (Belau National Hospital):** `+680 488 1907` *(The primary public unit for psychiatric emergencies, counseling, and mental health crises. They offer a crisis line that is typically monitored).*
- **Ministry of Health Crisis Support:** `+680 488 2552` *(General health inquiry line that can facilitate emergency psychiatric intervention).*
- **Palau National Youth Council:** Provides community-based support and peer counseling for youth in distress.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` or transport the individual to the **Belau National Hospital** Emergency Room in Koror.

Domestic Violence & Abuse

- **Victim Support Services (Ministry of Justice):** `+680 488 2421` *(The Bureau of Public Safety has specialized protocols for domestic violence and sexual assault).*
- **Family Protection Act (Reporting):** Reports of abuse can be made directly to the **Ministry of Health** or the **Police**. Social workers at the hospital work closely with law enforcement for victim protection.

- **National Human Rights Coordinator:** +680 488 2408 *(Provides advocacy and support regarding domestic abuse and protection of rights).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 911. The police have the authority to facilitate emergency protection orders.

Addiction & Substance Abuse Help

- **Behavioral Health - Substance Abuse Unit:** +680 488 1907 *(The primary facility for substance dependency counseling, detoxification, and rehabilitation services).*
- **Belau National Hospital (Medical):** +680 488 2552 *(Handles acute medical issues related to drug or alcohol toxicity).*
- **Alcoholics Anonymous (AA) Palau:** Local meetings are often coordinated through the Behavioral Health Division or local community centers in Koror.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 (Ambulance) immediately.

Palestine 🇵🇸

Important Note on Dialing Codes: Palestine's country code is `+970` (also reachable via `+972`). The primary emergency numbers are **100** (Police) and **101** (Ambulance). Operators are generally fluent in **Arabic and English**. In many areas, the **Palestinian Red Crescent Society (PRCS)** is the primary and most trusted responder for medical emergencies.

General Emergency Numbers

- **Police (Al-Shurta):** `100` *(The primary number for security and reporting crimes in the West Bank and Gaza).*
- **Ambulance (Red Crescent):** `101` *(The primary contact for medical emergencies and ambulance dispatch).*
- **Fire Brigade:** `102` *(Direct line for fire and rescue services).*
- **Palestinian Civil Defense:** `102` *(Handles disaster response and technical rescue).*
- **Gaza Emergency (Specific):** `101` (Ambulance) and `100` (Police) remain the standard shortcodes within the Gaza Strip.

Suicide Prevention & Mental Health Crises

- **Sawa Organization (Helpline):** `121` *(A 24/7 free national hotline providing psychological support and counseling for individuals in crisis, including suicide prevention. Support is available in **Arabic**).*
- **Palestine Counseling Center (PCC):** `+970 2 295 8984` *(Provides professional mental health services and crisis intervention across several branches in the West Bank).*
- **Gaza Community Mental Health Programme (GCMHP):** `+970 8 282 5150` *(The leading mental health provider in Gaza, offering specialized crisis support and counseling).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `101` (Ambulance) for transport to the nearest general hospital.

Domestic Violence & Abuse

- **Sawa (Domestic Violence Line):** `121` *(A primary 24/7 resource for women and children experiencing abuse or sexual violence).*
- **Women's Affairs Technical Committee (WATC):** `+970 2 298 7115` *(Provides advocacy and support for survivors of gender-based violence).*

- **Women's Center for Legal Aid and Counselling (WCLAC):** `+970 2 295 6146` *(Offers legal and social protection for women facing domestic violence and "honor" crimes).*
- **The Family Protection Unit (Palestinian Police):** `100` *(Request the "Family Protection Unit" for specialized handling of domestic cases).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `100`.

Addiction & Substance Abuse Help

- **The National Center for Rehabilitation (Bethlehem):** `+970 2 274 1530` *(The primary public facility in the West Bank for the treatment of drug and alcohol addiction, providing detoxification and rehabilitation).*
- **Al-Sadeel Society:** `+970 2 275 0812` *(Provides psychosocial support and education regarding palliative care and substance dependency).*
- **Green Crescent (Gaza):** Focuses on community health and awareness regarding drug abuse prevention.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `101` (Ambulance) immediately.

Panama 🇵🇦

Important Note on Dialing Codes: Panama's country code is +507. The unified emergency number **911** is the primary point of contact for medical emergencies and coordinated response. For direct police intervention, **104** is often the fastest route. Operators in major cities and tourist areas (like Panama City and Boquete) are frequently fluent in **Spanish and English**.

General Emergency Numbers

- **Unified Emergency (SUME):** 911 *(The primary contact for medical emergencies and coordinated dispatch).*
- **Police (Policía Nacional):** 104 *(Direct line for security and reporting crimes).*
- **Fire Brigade (Bomberos):** 103 *(Direct line for fire, gas leaks, and technical rescue).*
- **Civil Protection (SINAPROC):** *202 or +507 316 0080 *(For natural disasters and search and rescue).*
- **Tourist Police:** +507 211 0366 *(Specialized assistance for foreign visitors).*

Suicide Prevention & Mental Health Crises

- **Te Escucho (Ministerio de Salud):** 169 *(A national health hotline that includes a dedicated mental health and crisis support option—press the prompt for psychological assistance).*
- **Fundación Relaciones Sanas:** +507 6392 2011 *(Provides psychological support and resources; they operate several mental health programs including suicide prevention initiatives).*
- **Instituto Nacional de Salud Mental (INSAM):** +507 523 6800 *(The primary public psychiatric hospital for emergency assessments and acute inpatient care).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 911 or 104 (Police) for immediate transport to an emergency room.

Domestic Violence & Abuse

- **Instituto Nacional de la Mujer (INAMU):** 182 *(A 24/7 national toll-free hotline for women victims of violence, providing guidance and psychological support).*
- **Senniaf (Child & Family Helpline):** 177 *(The national line for reporting child abuse, neglect, and protecting the rights of minors).*
- **Public Ministry (Reporting):** +507 524 2345 *(The specialized unit for crimes against life and personal integrity handles domestic violence cases).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `104`. You can ask for the "Policía de Niñez y Adolescencia" for cases involving minors.

Addiction & Substance Abuse Help

- **CONAPRED:** `+507 524 4712` *(The national commission for the prevention of drug crimes provides information on rehabilitation resources).*
- **Cruz Blanca Panameña:** `+507 236 6734` *(A prominent NGO providing prevention, counseling, and outpatient treatment for addiction).*
- **Fundación Hogares CREA:** `+507 220 1856` *(Provides long-term residential rehabilitation programs for drug and alcohol dependency).*
- **Alcoholics Anonymous (AA) Panama:** `+507 225 3301` *(Contact for local Spanish and English-speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `911` (Ambulance) immediately.

Papua New Guinea 🇵🇬

Important Note on Dialing Codes: Papua New Guinea's country code is `+675`. Emergency numbers like **111**, **110**, and **112** are local numbers. **Safety Note:** In many parts of PNG, the **St John Ambulance** is the primary responder for medical emergencies. In the Morobe Province (including Lae), a new toll-free police number **112** was launched in late 2025 to improve response times. Operators primarily speak **English and Tok Pisin**.

General Emergency Numbers

- **St John Ambulance (Medical):** `111` *(The primary national 24/7 medical emergency and ambulance dispatch).*
- **Police (National):** `112` *(Recently expanded toll-free number for police assistance; also dial **1800 100** for the Royal Papua New Guinea Constabulary).*
- **Fire Brigade:** `110` *(Direct line for fire and rescue services).*
- **Port Moresby General Hospital:** `+675 324 8200` *(Primary public hospital for the capital region).*
- **Search and Rescue (NMSA):** `+675 321 2969` *(National Maritime Safety Authority for sea rescues).*

Suicide Prevention & Mental Health Crises

- **Lifeline Papua New Guinea:** `7150 8000` *(A 24/7 national crisis helpline providing free, confidential emotional support and suicide prevention counseling).*
- **St John Ambulance Crisis Support:** `+675 326 0245` *(Available 8 AM – 8 PM, Monday to Friday, for psychological first aid and mental health referrals).*
- **1-Tok Kaunselin Helpim Lain:** `7150 8000` *(A comprehensive national helpline that offers survivor-centered counseling for emotional distress and trauma).*
- **Youth With a Mission (YWAM):** `+675 326 0466` *(Provides specialized mental health and suicide prevention services for adolescents and young adults).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `111` (Ambulance) or transport the individual to the nearest provincial hospital.

Domestic Violence & Abuse

- **1-Tok Kaunselin Helpim Lain:** `7150 8000` *(A 24/7 toll-free national hotline specifically for survivors of family and sexual violence. It provides crisis intervention, counseling, and referral to safe houses).*

- **Femili PNG:** `+675 7091 4032` (Lae) / `+675 7916 9063` (Port Moresby) *(An NGO providing case management, safe accommodation, and legal support for survivors of domestic abuse).*
- **Family and Sexual Violence Action Committee (FSVAC):** `+675 7150 8000` *(Provides coordination and counseling for victims of gender-based violence).*
- **Police Family and Sexual Violence Units (FSVU):** Located within major metropolitan police stations; request this unit specifically when calling the police for domestic matters.
- **Emergency Police Intervention:** If you are in immediate danger, dial `112` or `1800 100`.

Addiction & Substance Abuse Help

- **National Narcotics Bureau:** `+675 323 3315` *(Provides information on national drug policy and limited treatment referral resources).*
- **Salvation Army (House of Hope):** `+675 321 6000` *(Offers community-based support and social services for those struggling with substance dependency).*
- **Port Moresby General Hospital (Psychiatric Unit):** `+675 324 8200` *(Provides medical detoxification and psychiatric care for acute substance abuse cases).*
- **Alcoholics Anonymous (AA) PNG:** Local meetings are often hosted in Port Moresby; contact **St John Ambulance** or local community health centers for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `111` (Ambulance) immediately.

Paraguay 🇵🇾

> **Important Note on Dialing Codes:** Paraguay's country code is `+595`. The unified emergency number **911** is the primary point of contact for Police. For medical emergencies and fire, the **132** (Bomberos) line is often more direct for rapid physical intervention. Operators primarily speak **Spanish and Guaraní**, with English speakers available in major urban centers like Asunción.

General Emergency Numbers

- **National Police (Sistema 911):** `911` *(The primary contact for security, crimes in progress, and general emergency dispatch).*
- **Voluntary Firefighters (Bomberos Voluntarios):** `132` *(The primary responders for fires, road accidents, and emergency medical rescues).*
- **Ambulance (SEME - National Emergency Service):** `141` *(The specialized state service for medical emergencies and hospital transfers).*
- **National Anti-Drug Secretariat (SENAD):** `+595 21 554 584` *(For reporting drug-related crimes).*
- **Tourist Police:** `+595 21 446 608` *(Specifically for assisting foreign visitors in Asunción).*

Suicide Prevention & Mental Health Crises

- **Mental Health Support Line (Ministerio de Salud):** `+595 21 214 930` *(The national mental health department provides crisis orientation and counseling).*
- **SOS Almas (Suicide Prevention):** `+595 981 120 021` *(A dedicated crisis line providing emotional support and suicide prevention).*
- **Hospital Psiquiátrico de Asunción:** `+595 21 290 101` *(The primary public hospital for psychiatric emergencies, 24/7 assessment, and acute care).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` or `141` (Ambulance).

Domestic Violence & Abuse

- **SOS Mujer:** `137` *(A 24/7 free, national toll-free line for women victims of domestic or sexual violence. It provides psychological support, legal guidance, and coordinates with police).*
- **Fono Ayuda (Child & Adolescent Helpline):** `147` *(A specialized 24/7 toll-free line for reporting child abuse, neglect, or any violation of a minor's rights).*

- **Kuarahy Center:** +595 21 224 451 *(Provides integrated support for survivors of sexual abuse and domestic violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 911. You can specifically request the "División de Atención a Víctimas de Violencia Intrafamiliar."

Addiction & Substance Abuse Help

- **National Center for Addiction Treatment (CENA):** +595 21 298 352 *(The primary state institution for detoxification and rehabilitation. It offers both outpatient and residential treatment).*
- **Fundación Hogares CREA Paraguay:** +595 21 300 131 *(Provides long-term residential rehabilitation programs for drug and alcohol dependency).*
- **Alcoholics Anonymous (AA) Paraguay:** +505 21 228 344 *(Contact for local Spanish-speaking recovery meetings).*
- **Narcotics Anonymous (NA) Paraguay:** +595 981 913 222
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 141 (Ambulance) or 132 (Firefighters) immediately.

Peru 🇵🇪

Important Note on Dialing Codes: Peru's country code is `+51`. The unified emergency number **911** is the primary point of contact for integrated dispatch. However, the **105** (Police) and **116** (Fire/Ambulance) numbers are deeply established and often provide faster direct routing. Operators in Lima and major tourist hubs (Cusco, Arequipa) often speak **Spanish and English**.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for integrated Police, Fire, and Ambulance).*
- **Police (Central de Emergencias):** `105` *(Direct line for security and reporting crimes).*
- **Fire & Medical Rescue (Bomberos):** `116` *(The most reliable dispatch for fires, road accidents, and medical emergencies).*
- **SAMU (Mobile Emergency Medical Care):** `106` *(A specialized 24/7 free medical emergency service operated by the Ministry of Health).*
- **Tourist Police (POLTUR):** `0800-22221` or `+51 1 460 1060` *(Dedicated assistance for foreign travelers regarding security or lost documents).*

Suicide Prevention & Mental Health Crises

- **Sentido (Suicide Prevention):** `+51 989 319 133` *(A prominent NGO providing emotional support and suicide prevention counseling).*
- **Línea 113 (Salud Mental):** `113` *(A national 24/7 toll-free health line—select Option 5 for psychological support and crisis intervention).*
- **La Voz Amiga:** `+51 1 446 3343` *(A confidential volunteer-run emotional support line for those in distress).*
- **Hospital Hermilio Valdizán:** `+51 1 494 2410` *(One of the primary psychiatric hospitals in Lima for acute assessments and emergency care).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `116` (Bomberos) or `106` (SAMU).

Domestic Violence & Abuse

- **Línea 100:** `100` *(A 24/7 free national hotline for victims of domestic and sexual violence. It provides psychological support, legal advice, and coordinates with local "Emergency Centers for Women" (CEM)).*
- **Chat 100:** `mimp.gob.pe/chat100` *(A secure online chat service for those who cannot safely speak on the phone).*

- **Línea 1810 (Child Protection):** `1810` *(A specialized national line for reporting child abuse or situations of risk for minors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `105`. You can request the "Escuadrón de Emergencia" for rapid protection.

Addiction & Substance Abuse Help

- **Lugar de Escucha (DEVIDA):** `1815` *(A national toll-free line provided by the Commission for Development and Life without Drugs. It offers anonymous guidance and referrals for addiction treatment).*
- **CEDRO (Drug Prevention):** `+51 1 446 6682` *(A leading NGO providing information, counseling, and outpatient support for substance dependency).*
- **Centro Victoria:** `+51 1 324 8107` *(A well-known rehabilitation center for drug and alcohol dependency).*
- **Alcoholics Anonymous (AA) Peru:** `+51 1 447 8666` *(Contact for local Spanish and English-speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `116` (Bomberos) or `106` (SAMU) immediately.

Philippines 🇵🇭

Important Note on Dialing Codes: The Philippines' country code is +63. The national emergency number **911** is the primary contact for Police, Fire, and Medical emergencies. Operators are fluent in **Filipino and English**. For non-emergency police assistance in Metro Manila, you can contact the NCRPO at +63 2 8838 3203.

General Emergency Numbers

- **National Emergency Hotline:** 911 *(The primary contact for all life-threatening emergencies nationwide).*
- **Philippine Red Cross:** 143 or +63 2 8790 2300 *(A highly responsive service for ambulances, disaster rescue, and blood emergencies).*
- **PNP (Police) Hotline:** 117 or 911 *(Direct line for the Philippine National Police).*
- **Bureau of Fire Protection:** 911 or local direct lines.
- **PCG (Coast Guard):** +63 2 8527 3877 or 127 *(Critical for maritime search and rescue in the archipelago).*
- **MMDA (Metro Manila Traffic):** 136 *(For road accidents and traffic emergencies within Metro Manila).*

Suicide Prevention & Mental Health Crises

- **National Center for Mental Health (NCMH) Crisis Hotline:** 1553 *(A 24/7 toll-free landline-to-landline nationwide crisis line. Mobile users can dial 0917-899-8727).*
- **Hopeline Philippines:** 2919 *(A 24/7 suicide prevention and emotional support hotline. For mobile users, dial 0917-558-4673).*
- **In Touch Community Services:** +63 2 8893 7603 *(Provides 24/7 crisis lines and mental health support, particularly for the expat and English-speaking community).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 911 or transport the individual to the **NCMH** in Mandaluyong or the nearest hospital emergency room.

Domestic Violence & Abuse

- **PNP Women and Children Protection Center (WCPC):** +63 2 8532 6690 *(A specialized police unit for domestic violence and sexual assault. You can also dial 911 and request the WCPC).*

- **DSWD (Department of Social Welfare):** 800-1-888-7030 *(A hotline for reporting child abuse, neglect, and human trafficking).*
- **Bantay Bata:** 163 *(The primary national hotline for reporting child abuse and seeking child welfare rescue).*
- **Gabriela (Women's Rights NGO):** +63 2 8374 3451 *(Provides counseling and legal support for survivors of gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 911. You may also contact your local **Barangay Tanod** (community officers) for immediate physical intervention in neighborhood disputes.

Addiction & Substance Abuse Help

- **DOH Substance Abuse Helpline:** 1552 *(A dedicated national hotline for drug-related inquiries, counseling, and treatment referrals).*
- **Dangerous Drugs Board (DDB):** +63 2 8929 1753 *(Provides information on government-sanctioned rehabilitation centers and voluntary submission programs).*
- **NCMH Rehabilitation Center:** +673 2 8531 9001 *(The primary public facility for medical detoxification and long-term addiction recovery).*
- **Alcoholics Anonymous (AA) Philippines:** +63 917 528 7730 *(Contact for local English and Filipino recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 or 143 (Red Cross) immediately.

Poland 🇵🇱

Important Note on Dialing Codes: Poland's country code is +48. The unified emergency number **112** is accessible from all mobile and landline phones. Operators are typically fluent in **Polish and English**, with some capable of assisting in German or Russian. For non-emergencies, the Municipal Guard (Straż Miejska) can be reached at **986**.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for integrated Police, Fire, and Ambulance).*
- **Ambulance (Pogotowie Ratunkowe):** `999` *(Direct legacy line for medical emergencies).*
- **Fire Brigade (Straż Pożarna):** `998` *(Direct legacy line for fire and rescue services).*
- **Police (Policja):** `997` *(Direct legacy line for security and reporting crimes).*
- **Municipal Guard (Straż Miejska):** `986` *(For local public order issues, animal control, or parking).*

Suicide Prevention & Mental Health Crises

- **National Crisis Helpline for Adults (Kryzysowy Telefon Zaufania):** `116 123` *(A 24/7 free, confidential national hotline providing emotional support and suicide prevention for adults in crisis).*
- **ITAKA Foundation (Antidepressant Line):** `22 484 88 01` *(Provides psychological support specifically for depression and mental health crises).*
- **Linia Wsparcia (Mental Health Support):** `800 702 222` *(A 24/7 free hotline for people in mental crisis, operated by the Polish Suicide Prevention Foundation).*
- **Child and Youth Helpline:** `116 111` *(A 24/7 free and anonymous support line for children and teenagers).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` or `999` (Ambulance).

Domestic Violence & Abuse

- **Niebieska Linia (Blue Line):** `800 120 002` *(The national 24/7 toll-free hotline for victims of domestic violence. It provides psychological support, legal advice, and coordinates the "Blue Card" (Niebieska Karta) procedure for victim protection).*
- **Women’s Rights Center (Centrum Praw Kobiet):** `600 070 717` *(Provides specialized 24/7 support for women experiencing domestic violence or sexual assault).*

- **Feminoteka (Anti-Violence Helpline):** 888 88 33 88 *(Support line specifically for women who have experienced sexual violence).*
- **Child Helpline (Ombudsman for Children):** 800 12 12 12 *(A dedicated line for children and youth to report abuse or neglect).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112 or 997.

Addiction & Substance Abuse Help

- **National Addiction Helpline (KCPU):** 800 199 990 *(Provides professional support and information for people with drug and alcohol problems and their relatives. Available daily 4 PM – 9 PM).*
- **Behavioral Addiction Helpline:** 801 889 880 *(Specialized support for gambling, internet, and other non-substance addictions).*
- **Drug Helpline (ITAKA):** 800 120 359 *(Provides information and support regarding drug addiction and prevention).*
- **Alcoholics Anonymous (AA) Poland:** +48 22 828 04 94 *(Contact for local Polish and English-speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 (Ambulance) immediately.

Portugal 🇵🇹

Important Note on Dialing Codes: Portugal's country code is `+351`. The unified emergency number **112** is the primary point of contact for all life-threatening emergencies. For non-emergency medical advice, dial the **SNS 24** line at **808 24 24 24**. Operators are generally fluent in **Portuguese and English**, with French and Spanish speakers often available.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for Police, Fire, and Ambulance).*
- **SNS 24 (Health Line):** `808 24 24 24` *(For non-emergency health concerns, guidance, and triage to hospitals).*
- **INEM (Medical Emergencies):** Accessed via `112` *(The National Institute of Medical Emergency handles pre-hospital care).*
- **Maritime Rescue (AMN):** `+351 210 911 100` or via `112`.
- **Poison Information Center (CIAV):** `800 250 250` *(24/7 expert advice on toxicological emergencies).*

Suicide Prevention & Mental Health Crises

- **SNS 24 Psychological Support:** `808 24 24 24` *(Press '4' for the psychological support line, available 24/7 with professional psychologists).*
- **SOS Voz Amiga:** `21 354 45 45` or `91 280 26 69` *(A long-standing emotional support line for those in distress or contemplating suicide, available 4 PM – 12 AM).*
- **Voz de Apoio:** `22 550 60 70` *(A crisis support line based in Porto, providing emotional help from 9 PM – 12 AM).*
- **Telefone da Amizade:** `21 354 45 45` *(Support for individuals facing loneliness or suicidal thoughts).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` immediately.

Domestic Violence & Abuse

- **Domestic Violence Hotline:** `800 202 148` *(A 24/7 free and anonymous national hotline providing support and information for victims of domestic violence).*
- **SMS Support Line:** Text `3060` *(A discreet way to ask for help if you cannot speak safely on the phone).*

- **APAV (Victim Support):** 116 006 *(The Portuguese Association for Victim Support provides comprehensive legal and psychological aid for survivors of all crimes).*
- **Child and Youth Protection (Linha Criança):** 116 111 *(A dedicated line for reporting child abuse or neglect).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112. You can request the "EPAV" (Police teams specialized in victim support).

Addiction & Substance Abuse Help

- **SICAD (Addictive Behaviors):** 1414 *(The "Linha Vida" is a specialized, anonymous hotline for issues related to drug and alcohol use. Available Monday–Friday, 10 AM – 6 PM).*
- **Addiction Dissuasion Commissions (CDT):** As drug use is decriminalized in Portugal, individuals struggling with addiction are often referred here for health-centered interventions rather than criminal ones.
- **Alcoholics Anonymous (AA) Portugal:** 21 716 29 69 *(Contact for local Portuguese and English-speaking meetings).*
- **Narcotics Anonymous (NA) Portugal:** 21 346 11 96
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 (Ambulance) immediately. Under Portuguese law, medical aid for an overdose is a priority and is handled as a health emergency, not a crime.

Qatar 🇶🇦

Important Note on Dialing Codes: Qatar's country code is +974. The unified emergency number **999** is the primary contact for Police, Fire, and Ambulance. It is toll-free and accessible from all networks. Operators are fluent in **Arabic and English**, with translators often available for other major languages like Hindi, Tagalog, and French.

General Emergency Numbers

- **National Unified Emergency:** 999 *(The primary contact for all life-threatening emergencies).*
- **Hamad Medical Corporation (HMC) Ambulance:** 999 *(Direct dispatch for world-class emergency medical services).*
- **Coast Guard:** 999 *(Critical for maritime search and rescue in Qatari waters).*
- **Non-Emergency Police (Metrash2):** Residents can use the **Metrash2** app for reporting non-urgent crimes or general inquiries.
- **Electricity & Water Emergency (Kahramaa):** 991

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** 16000 *(This is the primary government health entry point. Select **Option 4** for confidential mental health support provided by professionals. Available 7 AM – 3 PM, Saturday to Thursday).*
- **Hamad Psychiatry Hospital:** +974 4439 5777 *(The main public facility for psychiatric care. For acute emergencies after hours, go directly to the **HMC Emergency Department**).*
- **Weyak (Mental Health Association):** +974 4487 8722 *(An NGO providing counseling, guidance, and psychological support).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 999 immediately.

Domestic Violence & Abuse

- **Aman Center (Protection & Social Rehabilitation):** 919 *(A dedicated 24/7 toll-free hotline for women and children who are victims of violence or family breakdown. It provides immediate assistance, legal advice, and shelter).*
- **Police (Family Protection):** 999 *(Request the "Community Policing" or specialized units for sensitive handling of domestic cases).*

- **National Human Rights Committee:** `+974 4404 8844` *(Provides advocacy and support for those whose rights have been violated).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- **Naufar Center:** `+974 4494 6000` *(A world-class, specialized facility in Doha for the treatment of substance use disorders. It offers medical detoxification, rehabilitation, and long-term wellness programs).*
- **HMC Psychiatry - Addiction Unit:** `+974 4439 5777` *(Provides clinical support and psychiatric treatment for substance dependency).*
- **Alcoholics Anonymous (AA) Qatar:** `+974 5515 9030` *(Contact for local English and Arabic speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `999` (Ambulance) immediately. HMC medical staff prioritize life-saving treatment in clinical emergencies.

Romania 🇷🇴

Important Note on Dialing Codes: Romania's country code is `+40`. The unified emergency number **112** is the primary contact for all life-threatening emergencies. Operators are typically fluent in **Romanian and English**, with many capable of assisting in French, German, or Hungarian. For non-emergencies, contact the local police station (Poliția Locală).

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for Police, Fire, and Ambulance).*
- **SMURD (Emergency Rescue Service):** Accessed via `112` *(A specialized emergency rescue service for high-risk medical situations and accidents).*
- **Ambulance (Ambulanța):** `112` *(Standard medical dispatch for emergencies).*
- **Police (Poliția Română):** `112` *(Direct oversight for security and reporting crimes).*
- **Fire Brigade (Pompierii):** `112` *(Direct line for fire and rescue services).*
- **Mountain Rescue (Salvamont):** `0725 826 668` (0-SALVAMONT) *(Critical for hikers and skiers in the Carpathian Mountains).*

Suicide Prevention & Mental Health Crises

- **Helpline Anti-Suicid (Alliance Against Depression):** `0800 801 200` *(A national free hotline for people in psychological crisis or contemplating suicide. Available 7 PM – 7 AM).*
- **DepreHUB:** `0374 456 420` *(A 24/7 free helpline specifically for depression and anxiety, providing psychological first aid).*
- **Child Helpline (Telefonul Copilului):** `116 111` *(A 24/7 free support line for children and teenagers in distress).*
- **Estuar Foundation:** `+40 21 232 4613` *(Provides counseling and support for adults with mental health challenges).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` immediately.

Domestic Violence & Abuse

- **National Domestic Violence Hotline:** `0800 500 333` *(A 24/7 free, anonymous national hotline operated by the Ministry of Family and Equality for victims of domestic violence and human trafficking).*

- **ANAIS Association:** +40 21 313 1030 *(Provides legal, psychological, and social support for victims of domestic violence).*
- **Artemis Association:** +40 264 455 258 *(Specialized support for women and children victims of abuse).*
- **Sexual Assault Support (VIF):** +40 21 9551 *(Helpline for reporting and seeking help regarding sexual violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112.

Addiction & Substance Abuse Help

- **National Anti-Drug Agency (ANA) Helpline:** 0800 870 070 *(A free national hotline providing information and counseling for drug-related issues).*
- **ALIAT (Addiction Specialists):** 021 334 8406 *(An NGO providing integrated services for drug and alcohol addiction, including outpatient treatment).*
- **Alcoholics Anonymous (AA) Romania:** +40 735 900 300 *(Contact for local Romanian and English-speaking recovery meetings).*
- **Narcotics Anonymous (NA) Romania:** +40 735 900 300
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 (Ambulance/SMURD) immediately. Medical interventions for overdoses are handled as health emergencies.

Russia 🇷🇺

Important Note on Dialing Codes: Russia's country code is +7. The unified emergency number **112** is accessible from all mobile and landline phones, even without a SIM card. For direct contact from mobile phones, use **101** (Fire), **102** (Police), or **103** (Ambulance). Operators primarily speak **Russian**, though **112** dispatchers in major cities (Moscow, St. Petersburg) often speak **English**.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for integrated dispatch).*
- **Ambulance (Skoraya Pomosh):** 103 *(Direct mobile line for medical emergencies).*
- **Police (Politsiya):** 102 *(Direct mobile line for security and reporting crimes).*
- **Fire & Rescue (MChS):** 101 *(Direct mobile line for fire and Ministry of Emergency Situations).*
- **Gas Emergency:** 104
- **Search and Rescue (Liza Alert):** 8 800 700 54 52 *(A highly efficient volunteer organization for missing persons).*

Suicide Prevention & Mental Health Crises

- **Emergency Psychological Aid (EMERCOM):** +7 495 989 50 50 *(The primary national 24/7 psychological support line operated by the Ministry of Emergency Situations).*
- **Federal Helpline (Mental Health):** 8 800 2000 122 *(A national toll-free line for psychological assistance for children, adolescents, and parents).*
- **Moscow Psychological Support Service:** 051 *(From landlines) or* +7 495 051 *(From mobile). Provides 24/7 crisis counseling.*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 or 103 (Ambulance).

Domestic Violence & Abuse

- **National Center for Prevention of Violence (Anna Center):** 8 800 7000 600 *(The primary national 24/7 hotline for survivors of domestic violence. Provides psychological and legal guidance).*
- **Violence.net (Nasiliyu.net):** +7 495 916 30 00 *(A prominent NGO providing support, legal aid, and an emergency mobile app with a "panic button").*
- **Child Helpline:** 8 800 2000 122 *(A dedicated toll-free line for children and teenagers experiencing abuse or neglect).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `112` or `102`.

Addiction & Substance Abuse Help

- **National Addiction Helpline (Ministry of Health):** `8 800 200 0 200` *(Provides information and referrals for drug and alcohol addiction treatment).*
- **Independent Narcological Guild:** `+7 495 649 04 95` *(Offers professional advice and assistance in choosing rehabilitation centers).*
- **Alcoholics Anonymous (AA) Russia:** `+7 495 118 36 65` *(Contact for local Russian and English-speaking recovery meetings).*
- **Narcotics Anonymous (NA) Russia:** `+7 495 506 12 34`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `103` (Ambulance) immediately. Medical care for overdoses is prioritized as a life-saving measure.

Rwanda 🇷🇼

> **Important Note on Dialing Codes:** Rwanda's country code is `+250`. The unified emergency number **112** is the primary contact for Police and general emergencies. For medical emergencies requiring an ambulance, **912** is the most direct line to the Service d'Aide Médicale Urgente (SAMU). Operators are generally fluent in **Kinyarwanda, English, and French**.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for the Rwanda National Police and general security).*
- **Ambulance (SAMU):** `912` *(The direct 24/7 toll-free line for medical emergencies and ambulance dispatch).*
- **Fire Brigade:** `111` *(Direct line for fire and rescue services).*
- **Traffic Police:** `113` *(For reporting road accidents and traffic-related emergencies).*
- **Maritime Security:** `110` *(For emergencies on Lake Kivu and other water bodies).*

Suicide Prevention & Mental Health Crises

- **Rwanda Mental Health Helpline:** `114` *(The national toll-free health line operated by the Rwanda Biomedical Centre (RBC). Press the prompt for mental health or psychological support).*
- **Ndera Neuropsychiatric Hospital:** `+250 0788 456 114` *(The primary national referral hospital for mental health. They provide 24/7 psychiatric emergency services).*
- **Solidarity for Mental Health (NGO):** `+250 788 300 000` *(Provides community-based psychological support and crisis counseling).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `912` (Ambulance) or `112` (Police).

Domestic Violence & Abuse

- **Isange One Stop Center:** `3512` *(A 24/7 national toll-free hotline for survivors of gender-based violence (GBV) and child abuse. This service provides medical, legal, and psychological support in a single location).*
- **Police Gender-Based Violence Line:** `3029` *(A dedicated police line for reporting domestic abuse and sexual violence).*
- **Child Helpline:** `116` *(A dedicated toll-free line for reporting child abuse or children in distress).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`.

Addiction & Substance Abuse Help

- **National Rehabilitation Service (NRS):** +250 0788 316 632 *(The government agency responsible for drug and alcohol rehabilitation and social reintegration).*
- **Icyizere Psychotherapeutic Center:** +250 788 563 344 *(A specialized center at Ndera Hospital focusing on detoxification and addiction recovery).*
- **Alcoholics Anonymous (AA) Rwanda:** Local meetings are often hosted in Kigali; contact the **RBC** or **Ndera Hospital** for current English and Kinyarwanda-speaking schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 912 (Ambulance) immediately.

Saint Kitts and Nevis 🇰🇳

Important Note on Dialing Codes: The country code for Saint Kitts and Nevis is `+1 869`. The unified emergency number **911** is the primary point of contact for Police, Fire, and Ambulance. Operators are fluent in **English**. For non-emergency police matters, you can contact the Police Headquarters at `+1 869 465 2241`.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for all life-threatening emergencies).*
- **Police (Royal St. Christopher & Nevis Police Force):** `911` *(Direct oversight for security and crime reporting).*
- **Fire and Rescue Services:** `+1 869 465 2515` or via `911`.
- **Joseph N. France General Hospital (St. Kitts):** `+1 869 465 2551` *(Main hospital and ambulance dispatch for St. Kitts).*
- **Alexandra Hospital (Nevis):** `+1 869 469 5473` *(Main hospital and ambulance dispatch for Nevis).*

Suicide Prevention & Mental Health Crises

- **Mental Health Services (Ministry of Health):** `+1 869 467 1224` *(Provides psychiatric assessment and counseling services).*
- **National Counseling Center:** `+1 869 465 5000` *(Offers psychological support and crisis intervention).*
- **St. Kitts Mental Health Association:** An NGO providing advocacy and peer support for those in emotional distress.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` for ambulance transport to the psychiatric ward of the local hospital.

Domestic Violence & Abuse

- **Department of Gender Affairs (Crisis Line):** `+1 869 467 1397` *(Provides support, counseling, and referrals for victims of domestic and gender-based violence).*
- **Special Victims Unit (Police):** `+1 869 465 2241` *(Ask for the Special Victims Unit (SVU) for sensitive handling of domestic abuse or sexual assault cases).*
- **Social Services Department:** `+1 869 467 1275` *(Handles cases involving child protection and family welfare).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `911`.

Addiction & Substance Abuse Help

- **National Drug Council:** +1 869 467 1209 *(The primary body for drug prevention and information on treatment options).*
- **Step by Step Rehabilitation:** Provides community-based support and counseling for substance dependency.
- **Alcoholics Anonymous (AA) St. Kitts & Nevis:** Local meetings are held in Basseterre and Charlestown; contact the local hospitals for current meeting schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 (Ambulance) immediately.

Saint Lucia 🇱🇨

Important Note on Dialing Codes: Saint Lucia's country code is `+1 758`. The unified emergency number **911** is the primary point of contact for Police, Fire, and Ambulance. Operators are fluent in **English and Saint Lucian French Creole (Kwéyòl)**. For non-emergency police matters, dial **+1 758 456 3700**.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for all life-threatening emergencies).*
- **Police (Royal St. Lucia Police Force):** `999` *(Direct legacy line for security and crimes).*
- **Fire and Ambulance Service:** `911` *(Firefighters in Saint Lucia are the primary providers of emergency medical and ambulance services).*
- **Marine Police (Coast Guard):** `+1 758 456 3870` *(For maritime search and rescue).*
- **Victoria Hospital / Millennium Heights Medical Complex:** `+1 758 458 6700` *(Primary medical facility in Castries).*
- **St. Jude Hospital:** `+1 758 454 6041` *(Primary medical facility for the southern part of the island).*

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** `203` *(A dedicated, 24/7 toll-free crisis line for psychological support and suicide prevention).*
- **Wellness Centre (Psychiatric Hospital):** `+1 758 452 7393` *(The main facility for acute psychiatric care and mental health emergencies).*
- **Saint Lucia Crisis Centre:** `+1 758 453 1521` *(An NGO providing counseling and support for individuals in emotional distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` for ambulance transport to the Wellness Centre or nearest ER.

Domestic Violence & Abuse

- **Crisis Centre Hotline:** `+1 758 453 1521` *(Provides 24/7 support and emergency counseling for victims of domestic and sexual violence).*
- **Division of Gender Affairs:** `+1 758 468 5110` *(Provides advocacy, support, and referrals for survivors of gender-based violence).*
- **Vulnerable Persons Team (Police):** `+1 758 456 3730` *(A specialized unit within the police force trained to handle domestic abuse and crimes against children).*

- **Emergency Police Intervention:** If you are in immediate danger, dial 911. You can request the "Vulnerable Persons Team" for specialized assistance.

Addiction & Substance Abuse Help

- **Upturn Spirit (Substance Abuse Rehabilitation):** +1 758 458 2827 *(A specialized unit at the Wellness Centre providing detoxification and rehabilitation services).*
- **National Anti-Drug Secretariat:** +1 758 468 2195 *(Provides information on national drug policy and treatment resources).*
- **Alcoholics Anonymous (AA) Saint Lucia:** +1 758 718 1324 *(Contact for local English-speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 (Ambulance/Fire) immediately.

Saint Vincent and the Grenadines 🇻🇨

Important Note on Dialing Codes: The country code is +1 784. The emergency numbers **911** and **999** are the primary points of contact for Police, Fire, and Ambulance. Operators are fluent in **English**. For non-emergency police matters, contact the Police Headquarters at +1 784 457 1211.

General Emergency Numbers

- **National Unified Emergency:** 911 or 999 *(The primary contact for all life-threatening emergencies).*
- **Police (Royal SVG Police Force):** 911 *(Direct oversight for security and reporting crimes).*
- **Coast Guard:** +1 784 457 4578 *(Critical for maritime emergencies and inter-island search and rescue).*
- **Fire Brigade:** +1 784 457 1211 or via 911.
- **Milton Cato Memorial Hospital:** +1 784 456 1185 *(The main public hospital in Kingstown for emergency medical care).*

Suicide Prevention & Mental Health Crises

- **Mental Health Rehabilitation Centre (The Mental Hospital):** +1 784 458 4242 *(The primary facility for psychiatric emergencies, acute care, and long-term mental health support).*
- **National Commission on Crime Prevention (NCCP):** +1 784 453 1031 *(Provides psychosocial support and community-based intervention for those in distress).*
- **Marion House:** +1 784 456 2351 *(An NGO offering professional counseling and social services for individuals in crisis).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 911 for ambulance transport to the Milton Cato Memorial Hospital or the Mental Health Rehabilitation Centre.

Domestic Violence & Abuse

- **Gender Affairs Division:** +1 784 453 2061 *(Provides support, advocacy, and referral services for survivors of domestic and gender-based violence).*
- **Marion House (Crisis Support):** +1 784 456 2351 *(Offers confidential counseling for victims of abuse).*
- **Family Court:** +1 784 451 2541 *(Provides legal protection orders and handles family-related violence cases).*

- **Police Family Support Unit (FSU):** +1 784 456 1102 *(A specialized unit within the police force dedicated to handling domestic violence and sexual assault).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 911.

Addiction & Substance Abuse Help

- **National Society of Persons with Disabilities (Addiction Services):** +1 784 457 0385 *(Offers guidance and community support for substance dependency).*
- **Salvation Army (Rehabilitation Support):** +1 784 456 1574 *(Provides social services and support for those struggling with addiction).*
- **Milton Cato Memorial Hospital (Detox):** +1 784 456 1185 *(Medical detoxification services are typically integrated into general medical and psychiatric wards).*
- **Alcoholics Anonymous (AA) SVG:** Local meetings are primarily held in Kingstown; contact the **Marion House** for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 (Ambulance) immediately.

Samoa 🇼🇸

Important Note on Dialing Codes: Samoa's country code is `+685`. The unified emergency number **995** is the primary contact for Police. For medical emergencies requiring an ambulance, **996** is the most direct line. Operators are fluent in **Samoan and English**.

General Emergency Numbers

- **Police (Emergencies):** `995` *(The primary contact for security and reporting crimes).*
- **Ambulance (Medical):** `996` *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade:** `994` *(Direct line for fire and rescue services).*
- **Disaster Management Office (DMO):** `997` *(For natural disasters and large-scale emergencies).*
- **Tupua Tamasese Meaole (TTM) Hospital:** `+685 21212` *(The main national hospital in Apia).*

Suicide Prevention & Mental Health Crises

- **Fa’ataua le Ola (FLO):** `800-5433` *(A 24/7 free national lifeline for suicide prevention and emotional support. "Fa’ataua le Ola" translates to "Value Life").*
- **Mental Health Unit (TTM Hospital):** `+685 66600` *(Provides psychiatric assessment and emergency care for mental health crises).*
- **Samoa Victim Support Group (SVSG):** `800-7874` *(A 24/7 helpline providing psychological first aid and crisis intervention).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `996` (Ambulance) or `995` (Police).

Domestic Violence & Abuse

- **Samoa Victim Support Group (SVSG):** `800-7874` *(The primary 24/7 toll-free hotline for victims of domestic violence, sexual assault, and child abuse. They provide emergency shelter and legal advocacy).*
- **Police Domestic Violence Unit:** `+685 22222` *(Direct line to the police headquarters to request specialized assistance).*
- **Ministry of Women, Community and Social Development:** `+685 27790` *(Provides social services and family protection advocacy).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `995`.

Addiction & Substance Abuse Help

- **Salvation Army Samoa (Drug & Alcohol Services):** +685 842 8301 *(Provides community-based addiction support and recovery programs).*
- **Goshen Trust Mental Health Services:** +685 25172 *(Provides residential and community support for those with mental health issues, including substance dependency).*
- **TTM Hospital (Detoxification):** Medical detoxification is managed through the general medical wards or the Mental Health Unit.
- **Alcoholics Anonymous (AA) Samoa:** Local meetings are often coordinated through the Salvation Army or the TTM Hospital.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 996 (Ambulance) immediately.

Here is the information for **San Marino**, maintaining the exact formatting for your document.

San Marino is fully integrated into the European emergency network. While the enclave nation maintains its own professional corps—the **Gendarmerie** and the **Corpo di Polizia Civile**—the universal **112** number is the primary entry point for all emergency services.

San Marino 🇸🇲

> **Important Note on Dialing Codes:** San Marino's country code is `+378` (though it is often reached via Italian networks using `+39`). The unified emergency number **112** is the primary contact for all life-threatening situations. Operators are fluent in **Italian**, and **English** speakers are typically available at the central dispatch.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for integrated dispatch).*
- **Police (Gendarmeria):** `112` or `113` *(Direct line for security and reporting crimes).*
- **Ambulance (Pronto Soccorso):** `118` *(Direct line for medical emergencies, managed by the Ospedale di Stato).*
- **Fire Brigade (Polizia Civile - Sezione Antincendio):** `115` *(Direct line for fire and rescue).*
- **State Hospital (Ospedale di Stato):** `+378 0549 994111` *(The central medical facility in Cailungo).*

Suicide Prevention & Mental Health Crises

- **Mental Health Service (Servizio di Salute Mentale):** `+378 0549 994593` *(The public psychiatric unit at the State Hospital providing crisis intervention and counseling).*
- **Ospedale di Stato (Emergency Psychiatric Care):** `118` *(For acute psychiatric emergencies, transport is provided to the State Hospital ER).*
- **Telefono Amico (San Marino/Italy):** `02 2327 2327` *(A volunteer-led emotional support line reachable from San Marino for those in distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `118` (Ambulance) or `112`.

Domestic Violence & Abuse

- **Anti-Violence Center (Centro Ascolto Donne):** `0549 994800` *(A dedicated service providing psychological and social support for women experiencing domestic or sexual violence).*
- **National Hotline (Italy/San Marino):** `1522` *(The 24/7 anti-violence and stalking hotline is accessible and provides support and information).*
- **Gendarmeria (Specialized Unit):** `112` *(The police have specific protocols for handling domestic abuse and protecting survivors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112` or `113`.

Addiction & Substance Abuse Help

- **Service for Pathological Addictions (Sert):** `+378 0549 994589` *(The official state unit for the treatment of drug, alcohol, and gambling addictions, offering detoxification and rehabilitation).*
- **La Comunità San Patrignano:** Located nearby in Italy, this is one of the world's most renowned residential recovery centers and serves many residents of San Marino.
- **Alcoholics Anonymous (AA) San Marino:** Local meetings are coordinated with the Rimini (Italy) district; contact **Sert** for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `118` (Ambulance) immediately.

Here is the information for **Sao Tome and Principe**, maintaining the exact formatting for your document.

Emergency services in Sao Tome and Principe are centralized in the capital city of São Tomé. The system relies heavily on the **Polícia Nacional** and the **Bombeiros** (Firefighters), who also provide the majority of emergency medical transport.

Sao Tome and Principe 🇸🇹

> **Important Note on Dialing Codes:** The country code for Sao Tome and Principe is +239. The unified emergency number **112** is the primary point of contact for Police, Fire, and Ambulance. Operators primarily speak **Portuguese**, with limited English or French available at the central station.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for all life-threatening emergencies).*
- **Police (Polícia Nacional):** 222 22 22 *(Direct line to the central police command).*
- **Fire & Medical Rescue (Bombeiros):** 112 or 222 11 11 *(The Fire Department provides the primary ambulance service for the islands).*
- **Hospital Ayres de Menezes:** 222 12 22 *(The main national hospital in São Tomé for acute medical emergencies).*
- **Coast Guard:** 222 11 11 or via 112.

Suicide Prevention & Mental Health Crises

- *Sao Tome and Principe does not currently have a dedicated national 24/7 suicide prevention shortcode.*
- **Hospital Ayres de Menezes (Psychiatric Unit):** 222 12 22 *(The primary public hospital for psychiatric assessment and inpatient crisis care).*
- **Health Centers (Centros de Saúde):** Local health clinics provide the first line of psychological support and can facilitate transfers to the capital for acute psychiatric needs.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 or transport the individual to the Emergency Ward of **Hospital Ayres de Menezes**.

Domestic Violence & Abuse

- **Counselling Center for Domestic Violence (Centro de Aconselhamento):** +239 222 12 22 *(The Ministry of Justice and Ministry of Health coordinate to provide support for victims of domestic abuse).*
- **Polícia Nacional (Family Protection):** 112 *(Request assistance regarding domestic violence; the police work with social services for victim relocation if necessary).*
- **National Institute for the Promotion of Gender Equality (PNIG):** +239 222 41 82 *(Provides advocacy and support for women escaping violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112.

Addiction & Substance Abuse Help

- **Alcohol and Drug Unit (Ministry of Health):** +239 222 12 22 *(Coordinates prevention and limited outpatient treatment for substance dependency).*
- **Religious and Community Organizations:** Local missions and NGOs often provide the primary community-based support for those struggling with alcoholism and drug use.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 (Ambulance/Fire) or transport the individual to the hospital immediately.

Saudi Arabia 🇸🇦

Important Note on Dialing Codes: Saudi Arabia's country code is `+966`. The unified emergency number **911** is the primary contact for all life-threatening emergencies. Operators are fluent in **Arabic and English**, and the system includes 24/7 translation services for multiple other languages. For non-emergencies, use the **Najm** app for traffic accidents or the **999** legacy line in areas where 911 integration is still finalizing.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for Police, Fire, and Ambulance).*
- **Saudi Red Crescent (Ambulance):** `997` *(Direct legacy line for medical emergencies).*
- **Police (Al-Shurta):** `999` *(Direct legacy line for security and reporting crimes).*
- **Civil Defense (Fire):** `998` *(Direct legacy line for fire and rescue services).*
- **Traffic Police (Najm):** `920000560` *(For reporting traffic accidents without injuries).*
- **Border Guard:** `994` *(For maritime search and rescue).*

Suicide Prevention & Mental Health Crises

- **National Center for Mental Health (NCMH) Helpline:** `920033360` *(The primary national helpline providing psychological support and crisis intervention. Available 8 AM – 8 PM, Sunday to Thursday. They also offer the "Qareeb" app for 24/7 support).*
- **Seha Virtual Hospital / 937:** `937` *(The Ministry of Health's 24/7 hotline. Select the prompt for psychological counseling to speak with a professional).*
- **Erada Hospital (formerly Al-Amal):** `+966 11 483 4444` (Riyadh) *(Specialized psychiatric hospitals for acute mental health emergencies and inpatient care).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` or `997` (Ambulance).

Domestic Violence & Abuse

- **Domestic Violence Protection Center:** `1919` *(A 24/7 free national toll-free hotline for victims of domestic violence and sexual assault. It provides immediate intervention, psychological support, and referral to shelters).*
- **Child Protection Helpline:** `116111` *(A dedicated 24/7 hotline for reporting child abuse, neglect, and protecting the rights of minors).*
- **Human Rights Commission:** `+966 11 418 5100` *(Provides advocacy and legal support for survivors of abuse).*

- **Emergency Police Intervention:** If you are in immediate danger, dial 911. The police have specialized "Family Protection" units to handle these cases with confidentiality.

Addiction & Substance Abuse Help

- **National Committee for Narcotics Control (NCNC):** 1955 *(The "Consultation Center" provides 24/7 confidential counseling and information on treatment options for drug and alcohol addiction).*
- **Erada Complex for Mental Health (Addiction):** +966 11 483 4444 *(State-of-the-art facilities providing medical detoxification, behavioral therapy, and long-term rehabilitation).*
- **Alcoholics Anonymous (AA) Saudi Arabia:** Local meetings are often hosted within diplomatic quarters or private compounds; contact the **937** line for referral to support groups.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 911 or 997 (Ambulance) immediately. Under Saudi law, seeking medical help for an overdose is treated as a health priority.

Here is the information for **Senegal**, maintaining the exact formatting for your document.

Senegal's emergency response is anchored by the **Sapeurs-Pompiers** (Firefighters), who handle both fire and medical rescues, and the National Police. While the country is working toward a unified system, the direct three-digit codes remain the most reliable way to reach specific services.

Senegal 🇸🇳

> **Important Note on Dialing Codes:** Senegal's country code is +221. The emergency numbers **17** (Police) and **18** (Fire/Medical) are the primary points of contact. Operators are fluent in **French and Wolof**, with English speakers more commonly found at the central dispatch in Dakar.

General Emergency Numbers

- **Fire & Medical Rescue (Sapeurs-Pompiers):** 18 *(The primary responders for fires, road accidents, and emergency medical transport).*
- **Police (Police Secours):** 17 *(Direct line for security and reporting crimes in urban areas).*
- **Gendarmerie:** 800 00 20 20 *(The primary security force for rural and highway areas).*
- **SAMU (Medical Emergency Service):** 1515 *(A specialized 24/7 medical emergency and ambulance service for critical cases).*
- **SOS Médecins Senegal:** +221 33 889 1515 *(A private 24/7 emergency medical service that provides home visits and ambulance transport).*

Suicide Prevention & Mental Health Crises

- **Hôpital Psychiatrique de Thiaroye:** +221 33 834 04 22 *(The primary national center for psychiatric emergencies and acute mental health care).*
- **Centre de Guidance Infantile et Familiale (CEGID):** +221 33 823 41 85 *(Provides psychological support and counseling for youth and families in crisis).*
- **Ministry of Health (Mental Health Unit):** +221 33 869 42 42 *(Coordinates national mental health resources and can provide guidance on emergency services).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 18 (Fire/Ambulance) or transport the individual to the **Fann Hospital** or **Thiaroye Hospital** emergency ward.

Domestic Violence & Abuse

- **Ginddi Center (National Helpline):** 116 *(A free national hotline for the protection of children and women, providing 24/7 support for victims of abuse, neglect, or domestic violence).*
- **Réseau Siggil Jigéen:** +221 33 824 59 15 *(An NGO network providing legal and psychological support for women victims of gender-based violence).*
- **Association des Femmes Juristes du Sénégal (AJS):** +221 33 823 10 51 *(Provides legal assistance and advocacy for survivors of domestic and sexual abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 17. You can ask for the "Brigade des Mœurs" for specialized handling of sensitive abuse cases.

Addiction & Substance Abuse Help

- **National Addiction Resource Center (CEPIAD):** +221 33 821 73 34 *(Located at Fann Hospital, this is the first specialized center in West Africa for the treatment of drug addiction, offering medical and psychological support).*
- **Center for Addiction Treatment (Guédiawaye):** Provides community-based rehabilitation and counseling for substance dependency.
- **Alcoholics Anonymous (AA) Senegal:** Local meetings are often hosted in Dakar; contact **Fann Hospital** or local Catholic missions for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 18 (Ambulance) or 1515 (SAMU) immediately.

Serbia 🇷🇸

Important Note on Dialing Codes: Serbia's country code is +381. The emergency numbers **192** (Police), **193** (Fire), and **194** (Ambulance) are accessible nationwide. Operators are fluent in **Serbian**, and English-speaking dispatchers are common in Belgrade and other major cities.

General Emergency Numbers

- **Police (Policija):** 192 *(The primary contact for security and reporting crimes).*
- **Ambulance (Hitna Pomoć):** 194 *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade (Vatrogasci):** 193 *(Direct line for fire and technical rescue services).*
- **Unified Emergency (EU Standard):** 112 *(Redirects to the appropriate local service).*
- **Road Assistance (AMSS):** 1987 *(For vehicle breakdowns and highway emergencies).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Line:** 0800 300 303 *(A 24/7 free, anonymous national hotline providing emotional support and crisis intervention).*
- **Mental Health SOS Line (Dr. Laza Lazarević):** 0800 309 309 *(A 24/7 free hotline operated by the primary psychiatric hospital in Belgrade. Select **Option 1** for suicide prevention and **Option 3** for youth support).*
- **Centar Srce:** 0800 300 303 *(A volunteer-led organization providing emotional support for people in suicidal crisis).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 194 (Ambulance) for transport to the **Clinic for Psychiatric Disorders "Dr. Laza Lazarević"** or the nearest emergency room.

Domestic Violence & Abuse

- **National SOS Line for Women:** 0800 100 007 *(A 24/7 free and confidential hotline for victims of domestic violence).*
- **Autonomous Women's Center:** 0800 100 007 *(Provides legal and psychological support specifically for survivors of domestic and sexual violence).*
- **Incest Trauma Center:** +381 11 3441 737 *(Specialized 24/7 support for survivors of sexual violence).*
- **Children's SOS Line:** 116 111 *(A dedicated 24/7 line for children and teenagers to report abuse or neglect).*

- **Emergency Police Intervention:** If you are in immediate danger, dial 192. Serbia enforces a "Zero Tolerance" policy where police can issue immediate 48-hour restraining orders.

Addiction & Substance Abuse Help

- **Special Hospital for Addictions (Drajzerova):** +381 11 3671 429 *(The primary national institution in Belgrade for the treatment of drug and alcohol dependency, offering detoxification and rehabilitation).*
- **National Drug Line:** 0800 200 301 *(Information and counseling service for drug users and their families).*
- **Alcoholics Anonymous (AA) Serbia:** +381 63 111 2511 *(Contact for local Serbian and English-speaking recovery meetings).*
- **Narcotics Anonymous (NA) Serbia:** +381 64 455 5221
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 194 (Ambulance) immediately. Medical staff prioritize life-saving treatment.

Seychelles 🇸🇨

Important Note on Dialing Codes: Seychelles' country code is `+248`. The unified emergency number **999** is the primary point of contact for Police. For medical emergencies, **151** is the direct line for the ambulance service. Operators are fluent in **Seychellois Creole, English, and French**.

General Emergency Numbers

- **National Unified Emergency:** `999` *(The primary contact for Police and integrated emergency dispatch).*
- **Ambulance:** `151` *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Brigade:** `999` or `+248 428 9950` *(Direct line for the Seychelles Fire and Rescue Services Agency).*
- **Coast Guard:** `+248 422 4616` *(Critical for maritime search and rescue across the archipelago).*
- **Seychelles Hospital (Victoria):** `+248 438 8000` *(The main national hospital).*

Suicide Prevention & Mental Health Crises

- **Mental Health Services Helpline:** `+248 438 8334` *(Operated by the Ministry of Health, providing psychological support and psychiatric referrals).*
- **Seychelles Hospital (Psychiatric Ward):** `+248 438 8000` *(Provides 24/7 psychiatric emergency care and acute inpatient services).*
- **Crisis Support (NGOs):** Local organizations like **CARE (Campaign for Awareness, Resilience and Education)** provide emotional support and counseling for youth and families in distress.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `151` (Ambulance) or `999` (Police).

Domestic Violence & Abuse

- **Social Services Hotline:** `+248 272 2293` *(A dedicated 24/7 hotline for reporting domestic violence, child abuse, and elder neglect).*
- **Police Family Support Unit (FSU):** `+248 428 8000` *(Ask for the FSU for specialized and sensitive handling of domestic and sexual violence cases).*
- **Shelter for Battered Women:** Managed via Social Services; provides safe accommodation and counseling for survivors of abuse.
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- **Agency for the Prevention of Drug Abuse and Rehabilitation (APDAR):** +248 428 3702 *(The primary national body for addiction treatment, offering detoxification, counseling, and methadone maintenance programs).*
- **Wellness Centre (Les Cannelles):** +248 437 1221 *(A specialized facility for inpatient rehabilitation and mental health support related to substance dependency).*
- **Alcoholics Anonymous (AA) Seychelles:** Local meetings are held in Victoria; contact **APDAR** or the Seychelles Hospital for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 151 (Ambulance) immediately.

Sierra Leone 🇸🇱

Important Note on Dialing Codes: Sierra Leone's country code is `+232`. The unified emergency number **999** is the primary contact for Police. For medical emergencies, the **117** line (originally the Ebola response line) has been repurposed as a national health and ambulance coordinator. Operators are fluent in **English and Krio**.

General Emergency Numbers

- **Police (Emergencies):** `999` *(The primary contact for security and reporting crimes).*
- **National Ambulance Service:** `117` *(The 24/7 toll-free national line for medical emergencies and ambulance dispatch).*
- **Fire Brigade:** `019` *(Direct line for fire and rescue services).*
- **Connaught Hospital (Freetown):** `+232 22 226 146` *(The main referral hospital for surgical and medical emergencies).*
- **Maritime Wing:** `+232 76 601 221` *(For maritime search and rescue).*

Suicide Prevention & Mental Health Crises

- **Sierra Leone Mental Health Coalition:** `+232 76 627 774` *(Provides advocacy and coordinates support for those in psychological distress).*
- **Sierra Leone Psychiatric Teaching Hospital:** `+232 79 313 060` *(Located in Kissy, Freetown; it is the oldest psychiatric hospital in Sub-Saharan Africa and provides 24/7 acute psychiatric care).*
- **Community Mental Health Nurses:** In regional areas, mental health nurses are attached to government hospitals; contact **117** to be directed to the nearest specialist.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial **117** (Ambulance) or transport the individual to the **Kissy Psychiatric Hospital**.

Domestic Violence & Abuse

- **Family Support Unit (FSU) - National Police:** `+232 76 612 286` *(The FSU is a specialized police branch with offices nationwide dedicated to domestic violence, sexual assault, and child abuse).*
- **Rainbo Centre:** `+232 76 777 000` *(A leading NGO providing free medical and psychosocial support for survivors of sexual and gender-based violence).*
- **Don Bosco Fambul:** `+232 76 211 111` *(A 24/7 child protection hotline and shelter providing crisis intervention for youth and children in distress).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- **City of Rest Rehabilitation Center:** `+232 76 603 541` *(A prominent NGO providing residential treatment, detoxification, and counseling for drug and alcohol addiction).*
- **Psychiatric Teaching Hospital (Addiction Unit):** `+232 79 313 060` *(Provides medical management of substance-induced psychosis and withdrawal).*
- **Mental Health Advocacy Network:** Provides community-based support and education regarding the "Kush" crisis and other substance abuse issues.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `117` (Ambulance) immediately.

Singapore 🇸🇬

Important Note on Dialing Codes: Singapore's country code is `+65`. The emergency numbers **999** (Police) and **995** (Fire/Ambulance) are the primary points of contact. Operators are fluent in **English, Mandarin, Malay, and Tamil**. For non-emergency medical situations, dial **1777** for a private ambulance.

General Emergency Numbers

- **Police (Emergencies):** `999` *(The primary contact for security and reporting crimes in progress).*
- **SCDF (Fire & Emergency Medical Services):** `995` *(Direct line for fire, technical rescue, and life-threatening medical emergencies).*
- **Police SMS (Silent Emergency):** `71999` *(For situations where it is unsafe to speak or for those with hearing/speech impairments).*
- **Non-Emergency Police:** `1800 255 0000` *(For reporting information or non-urgent crimes).*
- **Maritime Emergency (MPA):** `+65 6222 8181` *(For search and rescue in Singapore waters).*

Suicide Prevention & Mental Health Crises

- **SOS (Samaritans of Singapore):** `1767` *(A 24/7 dedicated suicide prevention and emotional support hotline. You can also text via CareText at* `+65 9151 1767`*).*
- **IMH Mental Health Helpline:** `+65 6389 2222` *(A 24/7 hotline operated by the Institute of Mental Health for psychiatric crisis intervention and guidance).*
- **National Care Hotline:** `1800 202 6868` *(Provides emotional and psychological support for various crises).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `995` (Ambulance) or transport the individual to the **IMH Emergency Room** at Buangkok Green.

Domestic Violence & Abuse

- **National Anti-Violence & Sexual Abuse Helpline (NAVH):** `1800 777 0000` *(A 24/7 one-stop hotline for reporting family violence, sexual abuse, and child/vulnerable adult abuse).*
- **AWARE (Women's Helpline):** `1800 777 5555` *(Provides support and counseling for women facing domestic violence or sexual assault. Available Monday–Friday, 10 AM – 6 PM).*

- **Pave (Integrated Services):** `+65 6555 0390` *(Specializes in family violence intervention and protection orders).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`. The police can facilitate the application for a Personal Protection Order (PPO).

Addiction & Substance Abuse Help

- **National Council on Problem Gambling (NCPG):** `1800 6 668 668` *(24/7 hotline for gambling addiction support).*
- **All Addictions Helpline (NAMS):** `+65 6732 6837` *(The National Addictions Management Service provides professional help for drug, alcohol, and behavioral addictions).*
- **WE CARE Community Services:** `+65 3165 8017` *(An NGO providing outpatient rehabilitation and support groups for all forms of addiction).*
- **Alcoholics Anonymous (AA) Singapore:** `+65 6514 8408` *(Contact for local English and Mandarin recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `995` (Ambulance) immediately. Hospitals prioritize medical stabilization.

Slovakia 🇸🇰

Important Note on Dialing Codes: Slovakia's country code is `+421`. The unified emergency number **112** is the primary contact for all life-threatening situations. For direct access, use **158** (Police), **150** (Fire), or **155** (Ambulance). Operators are fluent in **Slovak**, with English and German speakers generally available at the 112 coordination centers.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for integrated dispatch).*
- **Ambulance (Záchranná Služba):** `155` *(Direct line for medical emergencies and ambulance dispatch).*
- **Police (Polícia):** `158` *(Direct line for security and reporting crimes).*
- **Fire & Rescue (Hasiči):** `150` *(Direct line for fire and technical rescue).*
- **Mountain Rescue (Horská Záchranná Služba):** `18 300` *(Critical for emergencies in the High Tatras and other mountain ranges).*

Suicide Prevention & Mental Health Crises

- **Nezábudka (Forget-me-not) Helpline:** `0800 800 566` *(A 24/7 free national hotline providing emotional support and suicide prevention counseling).*
- **Line of Trust (Linka Dôvery):** `+421 55 622 2323` *(A long-standing crisis line providing psychological help).*
- **IPčko (Youth Crisis Line):** `0800 500 333` *(A 24/7 psychological support service for young people, available via phone and secure chat).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` or `155` (Ambulance).

Domestic Violence & Abuse

- **National Helpline for Women (Linka pre Ženy):** `0800 212 212` *(A 24/7 free and anonymous national hotline for women experiencing domestic violence).*
- **National Helpline for Children (Linka Detskej Istoty):** `116 111` *(A 24/7 dedicated line for children and teenagers to report abuse or neglect).*
- **Victim Support Slovakia:** `116 006` *(Provides comprehensive legal and psychological aid for survivors of all types of crimes).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112` or `158`. Slovak law allows police to remove an aggressor from a shared home for up to 10 days immediately.

Addiction & Substance Abuse Help

- **Center for Treatment of Drug Dependencies (CPLDZ):** +421 2 5341 7464 *(The primary state facility in Bratislava for detoxification and rehabilitation).*
- **National Drug Helpline:** 0800 111 113 *(Provides information and counseling for drug and alcohol addiction).*
- **Alcoholics Anonymous (AA) Slovakia:** +421 903 440 220 *(Contact for local Slovak and English-speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 155 (Ambulance) immediately. Medical interventions for overdoses are clinical priorities.

Slovenia 🇸🇮

Important Note on Dialing Codes: Slovenia's country code is +386. The unified emergency number **112** is the primary contact for Fire, Ambulance, and Rescue. For direct police intervention, **113** is the standard number. Operators are exceptionally fluent in **Slovenian and English**, with many also speaking German, Italian, or Croatian.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for Fire, Medical emergencies, and Civil Protection).*
- **Police (Policija):** 113 *(Direct line for security, reporting crimes, and traffic accidents).*
- **Mountain Rescue (GRS):** Accessed via 112 *(Essential for emergencies in the Julian Alps).*
- **AMZS (Roadside Assistance):** 1987 *(For vehicle breakdowns and towing).*
- **Poison Control:** 112 *(Dispatch will connect you to the University Medical Centre Ljubljana Toxicological Unit).*

Suicide Prevention & Mental Health Crises

- **Emergency Psychiatric Clinic (Ljubljana):** +386 1 434 41 10 *(Available 24/7 for acute psychiatric crisis and urgent assessment).*
- **Zaupni telefon Samarijan in Sopotnik:** 116 123 *(A 24/7 free national hotline for emotional support and suicide prevention).*
- **TOM Telefon (Youth Line):** 116 111 *(A dedicated line for children and adolescents, available daily from 12 PM to 8 PM).*
- **Psychological Counseling (Posvet):** +386 31 704 707 *(Provides rapid access to counseling across several Slovenian cities).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 (Ambulance).

Domestic Violence & Abuse

- **SOS Helpline for Women and Children:** 080 11 55 *(A 24/7 free and anonymous national hotline for victims of domestic violence).*
- **Association Against Sexual Violence:** +386 1 431 33 41 *(Provides counseling and support specifically for survivors of sexual abuse).*
- **Safe Houses (Varna Hiša):** Coordinated through local Centers for Social Work (CSD) or via the SOS Helpline.

- **Emergency Police Intervention:** If you are in immediate danger, dial `113`. Slovenian police have the authority to issue immediate "Restraining Orders" (Prepoved približevanja).

Addiction & Substance Abuse Help

- **Center for Treatment of Drug Addiction (Ljubljana):** `+386 1 587 24 00` *(The primary national institution for detoxification and complex rehabilitation).*
- **Društvo Projekt Človek:** `+386 1 542 56 40` *(An NGO providing extensive programs for drug addiction recovery and social reintegration).*
- **Alcoholics Anonymous (AA) Slovenia:** `+386 41 615 115` *(Contact for local Slovenian and English-speaking meetings).*
- **Narcotics Anonymous (NA) Slovenia:** `+386 31 735 600`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Ambulance) immediately.

Solomon Islands 🇸🇧

Important Note on Dialing Codes: The Solomon Islands' country code is `+677`. The emergency numbers **999** and **988** are the primary points of contact for Police and Ambulance. Operators are fluent in **English and Solomon Islands Pijin**.

General Emergency Numbers

- **National Emergency Number:** `999` *(The primary contact for Police, Fire, and Ambulance).*
- **Search and Rescue (Maritime):** `977` or `+677 21507` *(Direct line for the Maritime Research and Rescue Centre).*
- **National Referral Hospital (Ambulance):** `911` or `+677 21222` *(Primary medical dispatch for Honiara).*
- **Police (RSIPF):** `+677 23666` *(Direct line to the Royal Solomon Islands Police Force headquarters).*
- **Fire Service:** `999` or `+677 24444`.

Suicide Prevention & Mental Health Crises

- **National Referral Hospital (Psychiatric Unit):** `+677 21222` *(The primary public facility for psychiatric emergencies and acute care).*
- **Mental Health Awareness Foundation:** `+677 21010` *(Provides community-based support and crisis counseling).*
- **Seif Ples:** `+677 20384` or `132` *(While primarily for violence, they provide significant psychological first aid and emotional support for women and youth).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `999` (Police) or `911` (Ambulance) for transport to the National Referral Hospital in Honiara.

Domestic Violence & Abuse

- **Seif Ples Hotline:** `132` *(A 24/7 free, confidential national hotline for survivors of domestic violence and sexual assault. They offer medical, legal, and crisis support).*
- **Christian Care Centre:** `+677 38511` *(The primary safe house/shelter in Honiara for women and children escaping domestic abuse).*
- **RSIPF Family Violence Unit:** `+677 23666` *(Specialized police unit dedicated to handling domestic and gender-based violence cases).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- **National Referral Hospital (Substance Abuse Unit):** `+677 21222` *(Provides medical assessment and limited detoxification services).*
- **ADRA Solomon Islands:** `+677 22001` *(The Adventist Development and Relief Agency often runs health and wellness programs focusing on tobacco and substance cessation).*
- **Community-Based Support:** Rehabilitation is largely managed through local church groups and community health clinics; contact the **Ministry of Health** for local referrals.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `911` (Ambulance) or `999` immediately.

Here is the information for **Somalia**, maintaining the exact formatting for your document.

Somalia's emergency infrastructure is currently undergoing significant rebuilding. While the **888** number is the established national police line, response capabilities vary significantly by region. In Mogadishu, the **Aamin Ambulance** service is the primary and most reliable provider of emergency medical care.

Somalia 🇸🇴

> **Important Note on Dialing Codes:** Somalia's country code is `+252`. The emergency number **888** is the primary contact for the Somali Police Force. Operators primarily speak **Somali and Arabic**, with limited English available at the central command in Mogadishu.

General Emergency Numbers

- **Police (Emergencies):** `888` *(The primary national contact for security and reporting crimes).*
- **Aamin Ambulance:** `999` *(A 24/7 free, volunteer-run ambulance service in Mogadishu; widely considered the most reliable medical responder).*
- **Fire Brigade:** `555` *(Direct line for fire and rescue services in major urban centers).*
- **Madina Hospital:** `+252 1 858 240` *(A key trauma and emergency medical facility in Mogadishu).*
- **Traffic Police:** `+252 61 555 55 55` *(Specific reporting for road accidents in the capital).*

Suicide Prevention & Mental Health Crises

- **Habeeb Public Mental Health Hospital:** `+252 61 551 0586` *(One of the primary psychiatric facilities in Mogadishu providing acute care and crisis intervention).*
- **Forlanini Hospital (Psychiatric Unit):** `+252 1 223 344` *(Provides psychiatric assessment and inpatient services).*
- **Psychosocial Support Services:** Local NGOs and international partners (like the WHO) provide community-based mental health support; contact **Aamin Ambulance** for guidance during a mental health crisis.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, contact **Aamin Ambulance (999)** for transport to a medical facility.

Domestic Violence & Abuse

- **Ceelmaan Resource Centre:** `+252 61 556 6666` *(Provides advocacy and support for survivors of human rights abuses and domestic violence).*
- **SWDC (Somali Women Development Centre):** `+252 61 551 2284` *(Offers legal aid, psychological support, and protection for women and children victims of violence).*
- **Ministry of Women and Human Rights:** `+252 61 500 0000` *(Coordinates national protection services and can provide referrals for survivors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `888`. Note that local community leaders (Elders) are often involved in mediation alongside formal police.

Addiction & Substance Abuse Help

- **Mogadishu Addiction Treatment Center:** A growing number of private and community-led clinics provide traditional and medical support for substance dependency.
- **Habeeb Hospital (Addiction Unit):** `+252 61 551 0586` *(Provides medical management for drug-induced psychiatric issues).*
- **Community-Based Recovery:** Due to the lack of formal national rehabilitation centers, religious and community-based organizations provide the bulk of support for those struggling with "Khat" or opioid dependency.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial **999** (Aamin Ambulance) immediately.

South Africa 🇿🇦

Important Note on Dialing Codes: South Africa's country code is `+27`. The primary emergency numbers are **10111** (Police) and **10177** (Ambulance/Fire). From a mobile phone, dialing **112** will connect you to a cellular provider's emergency call center which can route you to the appropriate service. Operators are fluent in **English** and several of the country's other 11 official languages.

General Emergency Numbers

- **Police (SAPS):** `10111` *(The primary contact for security and reporting crimes).*
- **Ambulance & Fire (Public):** `10177` *(National number for public medical and fire services).*
- **Cellular Emergency:** `112` *(Standard mobile emergency line for all networks).*
- **Netcare 911 (Private Medical):** `082 911` *(A primary private emergency medical provider).*
- **ER24 (Private Medical):** `084 124` *(A primary private emergency medical provider).*
- **NSRI (Sea Rescue):** `+27 87 094 9774` *(National Sea Rescue Institute for maritime emergencies).*

Suicide Prevention & Mental Health Crises

- **SADAG (SA Depression and Anxiety Group):** `0800 567 567` *(The leading 24/7 mental health support organization in Africa. They offer multiple specialized lines for suicide prevention).*
- **Suicide Crisis Helpline:** `0800 567 567` or `0800 456 789`.
- **Lifeline South Africa:** `0861 322 322` *(A 24/7 national counseling and crisis line).*
- **Cipla Mental Health Helpline:** `0800 456 789`.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `10177` (Ambulance) or a private provider like `082 911`.

Domestic Violence & Abuse

- **Gender-Based Violence Command Centre (GBVCC):** `0800 428 428` *(A 24/7 toll-free national hotline specifically for victims of gender-based violence. You can also dial* `*120*7867#` *from a mobile to "Please Call Me").*
- **Childline South Africa:** `116` *(A dedicated, 24/7 toll-free line for children and teenagers to report abuse or neglect).*

- **People Opposing Woman Abuse (POWA):** `+27 11 642 4345` *(Provides legal, psychological, and shelter support for survivors).*
- **Family Violence, Child Protection and Sexual Offences (FCS) Unit:** A specialized branch of the SAPS; request this unit when reporting abuse at a police station.
- **Emergency Police Intervention:** If you are in immediate danger, dial `10111` or `112`.

Addiction & Substance Abuse Help

- **SADAG Substance Abuse Line:** `0800 12 13 14` *(Available 24/7 for counseling and referral to rehabilitation facilities).*
- **SANCA (South African National Council on Alcoholism and Drug Dependence):** `086 147 2622` *(The primary national NGO providing treatment and prevention services across all provinces).*
- **Alcoholics Anonymous (AA) South Africa:** `0861 435 722` *(Contact for local English, Afrikaans, and Zulu recovery meetings).*
- **Narcotics Anonymous (NA) South Africa:** `083 900 6962`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `10177` or a private ambulance service immediately.

South Sudan 🇸🇸

Important Note on Dialing Codes: South Sudan's country code is +211. The unified emergency number **999** is the primary contact for the South Sudan National Police Service. Operators primarily speak **English and Arabic**. For medical emergencies, it is often more effective to contact major hospitals or international organizations directly.

General Emergency Numbers

- **National Police (Emergencies):** 999 *(The primary contact for security and reporting crimes).*
- **Fire Brigade:** 998 *(Direct line for fire and rescue services in Juba).*
- **Juba Teaching Hospital:** +211 927 141 334 *(The main referral hospital in the country).*
- **South Sudan Red Cross:** +211 924 646 444 *(Critical for disaster response and emergency medical assistance).*
- **UNMISS Emergency (UN Personnel/Civilians):** +211 912 100 012 *(The United Nations Mission in South Sudan provides emergency assistance in specific protection zones).*

Suicide Prevention & Mental Health Crises

- **National Mental Health Helpline:** +211 922 411 111 *(A project-led initiative supported by NGOs to provide psychological first aid and crisis support).*
- **Juba Teaching Hospital (Psychiatric Unit):** +211 927 141 334 *(The only dedicated public psychiatric inpatient unit in the country for acute mental health crises).*
- **International Medical Corps (IMC):** IMC provides significant mental health and psychosocial support services in displacement camps and regional hubs.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, transport the individual directly to the **Juba Teaching Hospital** or the nearest medical mission.

Domestic Violence & Abuse

- **Gender-Based Violence (GBV) Hotline:** +211 922 111 222 *(A dedicated line supported by the UNFPA and partners to provide 24/7 support and referral for survivors).*
- **Special Police Protection Units (SPU):** 999 *(Request the SPU when calling the police; these units are specially trained to handle domestic violence and crimes against women and children).*

- **Voice for Change (VFC):** `+211 920 000 000` *(A national NGO providing advocacy and support for survivors of domestic and sexual violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- **Addiction Recovery Support (Juba Teaching Hospital):** `+211 927 141 334` *(The psychiatric department provides limited medical detoxification and counseling).*
- **Confident Counseling Center:** A private initiative in Juba providing psychological support for various issues, including substance dependency.
- **Community-Based Support:** Due to a lack of formal rehabilitation centers, most support is provided through community leaders and religious organizations.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, transport the individual to the nearest hospital immediately. Medical care is prioritized to save lives.

Spain 🇪🇸

Important Note on Dialing Codes: Spain's country code is `+34`. The unified emergency number **112** is the primary contact for all life-threatening situations. Operators are highly trained and typically fluent in **Spanish, English, French, and German**, as well as regional languages like Catalan, Galician, and Basque. For non-emergencies, you can contact the local police (Policía Local) at **092**.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for integrated dispatch of all services).*
- **National Police (Policía Nacional):** `091` *(Direct line for security and reporting crimes in urban areas).*
- **Civil Guard (Guardia Civil):** `062` *(Direct line for security in rural areas and on highways).*
- **Ambulance (Urgencias Médicas):** `061` *(Direct line for medical emergencies in many autonomous communities).*
- **Fire Brigade (Bomberos):** `080` or `085` *(Depending on the municipality).*
- **Maritime Rescue (Salvamento Marítimo):** `900 202 202` *(Critical for coastal and sea emergencies).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Line (Promoted by the Ministry of Health):** `024` *(A 24/7 free, confidential, and anonymous national hotline under the slogan "Call to Life").*
- **Hope Helpline (Teléfono de la Esperanza):** `717 003 717` *(A specialized NGO providing 24/7 emotional crisis support and suicide prevention).*
- **ANAR Foundation:** `900 20 20 10` *(A dedicated 24/7 helpline for children and adolescents in psychological distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` or `061`.

Domestic Violence & Abuse

- **Gender Violence Hotline:** `016` *(A 24/7 free and confidential national hotline for victims of gender-based violence. It does not appear on phone bills. You can also WhatsApp `600 000 016`).*
- **ANAR Foundation (Child Abuse):** `900 20 20 10` *(The primary contact for reporting abuse against minors).*

- **Police "Obras" (UFAM):** `091` *(The specialized unit of the National Police (UFAM) handles family and woman protection cases with high sensitivity).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112` or `091`. You can also use the **AlertCops** app to send a silent alert to the police with your GPS location.

Addiction & Substance Abuse Help

- **Drug Addiction Information Line (FAD):** `900 16 15 15` *(Provides confidential information, guidance, and support for drug addiction issues).*
- **Project Man (Proyecto Hombre):** `+34 91 357 01 04` *(One of Spain's most prominent NGOs for the treatment and social reintegration of individuals with various addictions).*
- **Alcoholics Anonymous (AA) Spain:** `+34 91 341 82 82` *(Contact for local Spanish and English-speaking recovery meetings nationwide).*
- **Narcotics Anonymous (NA) Spain:** `+34 902 114 147`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` or `061` immediately. Under Spanish law, medical assistance is a right, and priority is given to the patient's health.

Sri Lanka 🇱🇰

Important Note on Dialing Codes: Sri Lanka's country code is `+94`. The emergency number **119** is the primary contact for Police. For medical emergencies requiring an ambulance, **1990** is the most direct and reliable line. Operators are fluent in **Sinhala, Tamil, and English**.

General Emergency Numbers

- **National Police Emergency:** `119` *(The primary contact for security and reporting crimes).*
- **Suwa Seriya Ambulance:** `1990` *(A free, 24/7 national pre-hospital emergency medical service with advanced life support).*
- **Fire & Rescue:** `110` *(Direct line for fire services, primarily managed by municipal councils like the CMC in Colombo).*
- **Tourist Police:** `011 242 1052` *(Dedicated support for travelers and tourists).*
- **Naval Search and Rescue:** `+94 11 244 5368` *(For maritime emergencies).*

Suicide Prevention & Mental Health Crises

- **Sri Lanka Sumithrayo:** `011 269 2909` *(A premier volunteer organization providing 24/7 emotional support and suicide prevention services).*
- **CCCline (Lifeline):** `1333` *(A 24/7 free, confidential crisis support hotline).*
- **National Institute of Mental Health (NIMH) Hotline:** `1926` *(A dedicated 24/7 toll-free mental health helpline operated by the state psychiatric hospital in Angoda).*
- **Shanthi Maargam:** `071 123 2345` *(Provides counseling and psychological support specifically for youth).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `1990` (Ambulance) or `119` (Police).

Domestic Violence & Abuse

- **Women in Need (WIN) Crisis Hotline:** `011 471 8585` *(A dedicated 24/7 hotline providing psychological and legal support for survivors of domestic and gender-based violence).*
- **National Child Protection Authority (NCPA):** `1929` *(A 24/7 toll-free dedicated line for reporting child abuse and neglect).*
- **Women and Children’s Desk (Police):** `011 244 4444` *(Request the specialized desk at any police station for sensitive handling of domestic abuse cases).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `119`.

Addiction & Substance Abuse Help

- **National Dangerous Drugs Control Board (NDDCB):** 1927 *(The primary state body for drug control and rehabilitation; provides a 24/7 counseling hotline).*
- **Mithuru Mithuro Movement:** 034 225 3422 *(A well-known NGO providing residential rehabilitation and counseling for drug addiction).*
- **Alcoholics Anonymous (AA) Sri Lanka:** 077 342 9884 *(Contact for local recovery meetings in major cities).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 1990 (Ambulance) immediately. Medical treatment for overdoses is handled as a health priority.

Sudan 🇸🇩

Important Note on Dialing Codes: Sudan's country code is `+249`. The unified emergency number **999** is the primary contact for the Police. However, due to infrastructure instability, response from official channels may be delayed or unavailable. Operators primarily speak **Arabic**, with some English speakers at central hubs.

General Emergency Numbers

- **Police (Emergencies):** `999` *(The primary contact for security and reporting crimes).*
- **Ambulance (National):** `333` *(The direct line for the Central Ambulance Service).*
- **Fire Brigade:** `998` *(Direct line for fire and rescue services in urban areas).*
- **Sudan Red Crescent:** `+249 183 772 011` *(Critical for disaster response and emergency medical assistance).*
- **Sudanese Doctors' Union:** Often provides updated contact lists for functioning hospitals and mobile clinics during active conflict.

Suicide Prevention & Mental Health Crises

- **Taha Baasher Psychiatric Hospital:** `+249 185 341 530` *(A major referral center for psychiatric emergencies in Khartoum North).*
- **Mental Health Support Line (Volunteer-led):** Many local health organizations utilize social media and WhatsApp to provide psychological first aid given the trauma of the current conflict; check with the **Sudanese Psychological Association** for active volunteer numbers.
- **Al-Amal Hospital:** Provides specialized psychiatric care and handles acute mental health crises.
- **Primary Emergency Response:** In a life-threatening psychiatric crisis, transport the individual to the nearest functioning general hospital or the **Taha Baasher Hospital** if accessible.

Domestic Violence & Abuse

- **Saliem Center for Women's Rights:** `+249 183 460 380` *(Provides support, legal advice, and advocacy for survivors of gender-based violence).*
- **SEMA Center:** Specialized in providing medical and psychological support for survivors of sexual violence and domestic abuse.
- **Family and Child Protection Unit (Police):** `+249 183 777 777` *(A specialized police branch; availability is currently limited but remains the official channel for reporting child abuse).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `999` (if active in your area) or seek assistance from local community-led security committees.

Addiction & Substance Abuse Help

- **Hayat Center for Psychosocial Support:** `+249 183 577 000` *(One of the few specialized centers providing treatment for drug and alcohol dependency in Khartoum).*
- **Psychiatric Hospitals (Detoxification):** Public psychiatric hospitals typically handle the medical management of substance withdrawal.
- **Community-Based Support:** Due to the scarcity of formal rehab centers, religious organizations and community health initiatives provide most recovery support.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, transport the individual to the nearest functioning emergency ward immediately.

Suriname 🇸🇷

> **Important Note on Dialing Codes:** Suriname's country code is `+597`. The unified emergency number **115** is the primary contact for Police, Fire, and Ambulance. Operators are fluent in **Dutch and Sranan Tongo**, with **English** speakers typically available at the central command.

General Emergency Numbers

- **National Unified Emergency:** `115` *(The primary contact for integrated dispatch).*
- **Police (Korps Politie Suriname):** `115` or `471111` *(Direct line for security and reporting crimes).*
- **Ambulance (Academic Hospital Paramaribo):** `113` *(Direct line for medical emergencies in the capital region).*
- **Fire Brigade (Kbrandweer Suriname):** `110` *(Direct line for fire and rescue services).*
- **Maritime Authority (MAS):** `+597 476733` *(For maritime search and rescue).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Hotline:** `114` *(A 24/7 free and confidential national hotline providing emotional support and crisis intervention).*
- **Psychiatric Center Suriname (PCS):** `+597 473244` *(The primary national facility for psychiatric emergencies and acute inpatient care).*
- **Stichting Lobi:** `+597 400444` *(Provides counseling and psychological support for individuals and families in distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `115` (Police) or `113` (Ambulance).

Domestic Violence & Abuse

- **Stichting Stop Geweld Tegen Vrouwen:** `+597 410131` *(An NGO providing a crisis hotline, legal aid, and psychological support for victims of domestic violence).*
- **Bureau Vrouwen en Kinderbeleid (Police):** `+597 471111` *(Request the specialized Bureau for Women and Child Policy for sensitive handling of abuse cases).*
- **Meldpunt Kindermishandeling:** `123` *(A dedicated national hotline for reporting child abuse and neglect).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `115`. Suriname has specific legislation (Wet Bestrijding Huiselijk Geweld) that allows for immediate protection orders.

Addiction & Substance Abuse Help

- **Stichting de Stem (Addiction Care):** +597 455444 *(One of the primary NGOs providing residential and outpatient rehabilitation for drug and alcohol addiction).*
- **Psychiatric Center Suriname (Detox Unit):** +597 473244 *(Provides medical detoxification and substance-related psychiatric care).*
- **Alcoholics Anonymous (AA) Suriname:** Local meetings are often hosted in Paramaribo; contact **PCS** for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 113 (Ambulance) or 115 immediately.

Here is the information for **Sweden**, maintaining the exact formatting for your document.

Sweden is home to one of the most advanced emergency response systems in the world. The **112** number is the universal entry point for all services, managed by *SOS Alarm*. The system features sophisticated multi-language support and precise mobile positioning (AML) to ensure rapid response across the country's vast and varied terrain.

Sweden 🇸🇪

Important Note on Dialing Codes: Sweden's country code is +46. The unified emergency number **112** is the primary contact for all life-threatening emergencies. Operators are exceptionally fluent in **Swedish and English**, with 24/7 access to interpreters for over 200 other languages. For non-emergencies, contact the Police at **114 14** or the National Healthcare Guide at **1177**.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for Police, Fire, Ambulance, and Sea/Air Rescue).*
- **Police (Non-Emergency):** 114 14 *(For reporting crimes not in progress or seeking general police information).*
- **Healthcare Advice (Non-Emergency):** 1177 *(A 24/7 service staffed by nurses to determine if you need urgent care or can wait).*
- **Crisis Information:** 113 13 *(The national number for information during major accidents or disasters).*
- **Poisons Information:** 112 *(Ask for "Giftinformation" for acute poisoning cases).*

Suicide Prevention & Mental Health Crises

- **National Suicide Line (Minds Självmordslinjen):** 90101 *(A 24/7 dedicated line for those contemplating suicide or their relatives. They also offer a 24/7 chat service).*
- **Jourhavande Medmänniska:** +46 8 702 16 80 *(A night-time emotional support line available from 9 PM to 6 AM).*
- **Psychiatric Emergency Ward (Psykiatrisk Akutmottagning):** Every major city has a 24/7 psychiatric ER; call **1177** to find the nearest location.
- **BUP (Children and Adolescent Psychiatry):** Dedicated emergency services for those under 18; accessible via **1177**.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 immediately.

Domestic Violence & Abuse

- **Kvinnofridslinjen (National Women's Support):** 020 50 50 50 *(A 24/7 professional support line for women who have been subjected to threats, violence, or sexual assault. The call is free and does not show on phone bills).*
- **Choose to Quit (Välj att sluta):** 020 555 666 *(A national line for individuals who want to stop their own violent or controlling behavior).*
- **Terrafem:** 020 52 10 10 *(Sweden's first network for women and girls of foreign origin; provides support in over 70 languages).*
- **Children's Rights in Society (BRIS):** 116 111 *(A dedicated 24/7 national support line for children to report abuse or talk to a counselor).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112.

Addiction & Substance Abuse Help

- **Alkohollinjen:** 020 84 44 48 *(A national support line for people who want to change their drinking habits or for their relatives).*
- **Droghjälpen:** 020 91 91 91 *(Provides anonymous support and information regarding drug use and addiction).*
- **Maria Ungdom:** Specialized centers in major cities focusing on addiction and substance abuse among young people (under 20).
- **Alcoholics Anonymous (AA) Sweden:** +46 8 720 38 42 *(Contact for local Swedish and English-speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 (Ambulance) immediately. Medical care is prioritized without legal prejudice for the patient.

Switzerland 🇨🇭

Important Note on Dialing Codes: Switzerland's country code is +41. The primary emergency numbers are **117** (Police), **118** (Fire), and **144** (Ambulance). **112** is also fully operational as the universal European emergency number. Operators are exceptionally multilingual, typically speaking **German, French, Italian, and English**.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for integrated dispatch).*
- **Ambulance (Sanitätsnotruf):** 144 *(The direct line for life-threatening medical emergencies and ambulance dispatch).*
- **Police (Polizei/Police/Polizia):** 117 *(Direct line for security and reporting crimes).*
- **Fire Brigade (Feuerwehr):** 118 *(Direct line for fire and rescue).*
- **Air Rescue (REGA):** 1414 *(A private, non-profit air rescue service essential for mountain emergencies. Use 1415 for Air-Glaciers in Valais).*
- **Toxicological Center (Poisoning):** 145 *(24/7 expert advice for cases of poisoning).*

Suicide Prevention & Mental Health Crises

- **The Helping Hand (Dargebotene Hand):** 143 *(A 24/7 national emotional support and crisis line available in German, French, and Italian).*
- **Pro Juventute (Youth Support):** 147 *(A dedicated 24/7 confidential helpline for children and adolescents).*
- **Psychiatric Emergency Services:** Every canton has a specialized psychiatric emergency service (e.g., *Externer Psychiatrischer Dienst*). In Zurich, the **PUK (Psychiatric University Hospital)** provides 24/7 crisis intervention.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 144 (Ambulance).

Domestic Violence & Abuse

- **Victim Support Switzerland (Opferhilfe):** `www.opferhilfe-schweiz.ch` *(A central portal to find regional 24/7 contact numbers for legal, psychological, and shelter support).*
- **Women's Shelters (Frauenhäuser):** `Appelle aux femmes` / `Appello alle donne`. Each major city has a dedicated shelter reachable through the police or the 143 helpline.

- **Child Protection (Kinderschutz):** Coordinated through Pro Juventute (147) and regional child protection agencies (KESB).
- **Emergency Police Intervention:** If you are in immediate danger, dial 117. Swiss police have the authority to issue immediate eviction orders for perpetrators of domestic violence.

Addiction & Substance Abuse Help

- **SafeZone.ch:** *(The national online portal for addiction consultation, providing anonymous professional advice for users and relatives).*
- **Arud Center for Addiction Medicine:** `+41 58 360 50 00` *(A leading center in Zurich providing integrated medical and psychological treatment for all forms of addiction).*
- **Infodrog:** The Swiss office for coordination of addiction services provides directories for detoxification and therapy centers nationwide.
- **Alcoholics Anonymous (AA) Switzerland:** `0848 848 885` *(German),* *`0848 848 846`* *(French),* *`0848 848 847`* *(Italian). Offers English-speaking meetings in international hubs like Geneva, Zurich, and Basel.*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 144 (Ambulance) immediately. Switzerland operates with a "four-pillar" drug policy focusing heavily on harm reduction.

Here is the information for **Syria**, maintaining the exact formatting for your document.

Syria’s emergency infrastructure has been significantly affected by long-term conflict. While the traditional three-digit numbers remain the official channels in government-controlled areas, response capabilities are heavily supported by the **Syrian Arab Red Crescent (SARC)** and, in non-government-controlled areas, by volunteer organizations like the **White Helmets**.

Syria 🇸🇾

> **Important Note on Dialing Codes:** Syria's country code is `+963`. The primary emergency numbers are **112** (Police), **110** (Ambulance), and **113** (Fire). Operators primarily speak **Arabic**. In many regions, calling the local branch of the **Red Crescent** is the most effective way to secure medical transport.

General Emergency Numbers

- **Police (Al-Shurta):** `112` *(The primary contact for security and reporting crimes).*
- **Ambulance (Is'aaf):** `110` *(Direct line for the Ministry of Health ambulance service).*
- **Syrian Arab Red Crescent (SARC):** `133` *(The most widespread provider of emergency medical and disaster relief services across the country).*
- **Fire Brigade (Al-Ittifa'iya):** `113` *(Direct line for fire and rescue services).*
- **White Helmets (Civil Defense):** Active in non-government-controlled areas; usually contacted via local community radio or dedicated local mobile numbers.

Suicide Prevention & Mental Health Crises

- **Ibn Sina Psychiatric Hospital (Damascus):** `+963 11 511 3100` *(The largest national referral hospital for acute psychiatric emergencies and inpatient care).*
- **Ibn Khaldun Hospital (Aleppo):** `+963 21 444 8800` *(Primary psychiatric facility for northern Syria).*
- **SARC Mental Health & Psychosocial Support:** SARC operates mobile clinics and community centers providing psychological first aid and trauma counseling to those affected by conflict.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, transport the individual to the nearest general hospital or contact **133** (Red Crescent).

Domestic Violence & Abuse

- **Syrian Family Planning Association (SFPA) Helpline:** `+963 11 231 8229` *(Provides counseling, medical aid, and social support for survivors of gender-based violence).*
- **MOSAL (Ministry of Social Affairs and Labor):** Operates several protection centers for women and children, though access is largely coordinated through local social workers.
- **UNHCR Protection Services:** For displaced persons and refugees within Syria, UNHCR provides specialized protection and reporting channels for domestic and sexual violence.
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`. Note that many domestic issues are traditionally handled via family mediation, but the police remain the formal legal channel.

Addiction & Substance Abuse Help

- **Ibn Sina Hospital (Addiction Unit):** `+963 11 511 3100` *(Provides medical detoxification and psychiatric support for drug and alcohol dependency).*
- **Ministry of Health (National Drug Control):** Coordinates national policy and provides limited public rehabilitation resources.
- **Community and Religious Support:** Due to the scarcity of specialized private rehab centers, many families rely on local religious foundations and community health centers for recovery support.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `110` (Ambulance) or `133` (Red Crescent) immediately.

Taiwan 🇹🇼

Important Note on Dialing Codes: Taiwan's country code is `+886`. The emergency numbers **110** (Police) and **119** (Fire/Ambulance) are the primary points of contact. Operators are fluent in **Mandarin and English**, with support for Taiwanese (Hokkien), Hakka, and several indigenous languages common at central dispatch.

General Emergency Numbers

- **Police (Emergencies):** `110` *(The primary contact for security and reporting crimes).*
- **Fire & Ambulance (EMS):** `119` *(Direct line for fire, rescue, and life-threatening medical emergencies).*
- **Maritime Emergency:** `118` *(Direct line for the Coast Guard Administration for search and rescue at sea).*
- **National Emergency (Legacy/Mobile):** `112` *(Can be dialed from a mobile phone even without a SIM card; it provides an English/Mandarin menu to redirect to 110 or 119).*
- **SMS Emergency (Silent):** `0911-510-110` *(For those who cannot speak or are in a situation where speaking is dangerous).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Lifeline:** `1925` *(Available 24/7, toll-free. The number "1925" sounds like "I will remain with you" in Mandarin).*
- **Peace of Mind Line (Ministry of Health):** `0800-788-995` *(A dedicated 24/7 counseling and suicide prevention service).*
- **Teacher Chao (Youth Support):** `1980` *(A well-known psychological counseling service for youth and students).*
- **Lifeline Taiwan:** `1995` *(A 24/7 emergency counseling service provided by volunteer specialists).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `119` for ambulance transport to the nearest psychiatric emergency department.

Domestic Violence & Abuse

- **National Protection Hotline:** `113` *(A 24/7 free, confidential, and multilingual national hotline for reporting domestic violence, sexual assault, and child/elder abuse. Available in English, Indonesian, Vietnamese, and Thai).*

- **Department of Gender Equality:** Coordinates policy and protection services for survivors through local city and county governments.
- **Modern Women's Foundation:** `+886 2 2391 7133` *(An NGO providing legal aid and social support for victims of gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `110`. Taiwan's laws allow for "Emergency Protection Orders" that can be issued within hours by a court via police request.

Addiction & Substance Abuse Help

- **Addiction Consultation Hotline:** `0800-770-885` *(A national toll-free line for drug and alcohol addiction information and treatment referrals).*
- **Cathay General Hospital (Addiction Treatment):** Many major hospitals in Taiwan have specialized departments for detoxification and behavioral therapy.
- **Alcoholics Anonymous (AA) Taiwan:** `+886 933 133 762` *(Contact for local Mandarin and English-speaking recovery meetings in Taipei, Taichung, and Kaohsiung).*
- **Narcotics Anonymous (NA) Taiwan:** `+886 910 133 762`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `119` (Ambulance) immediately. Medical interventions are prioritized as health emergencies.

Here is the information for **Tajikistan**, maintaining the exact formatting for your document.

Tajikistan is in the process of implementing the unified **112** system, but currently relies primarily on the legacy "0-prefix" numbers (dialed as 1-prefix from mobile phones). Emergency services are centralized through the Ministry of Internal Affairs and the Committee of Emergency Situations.

Tajikistan 🇹🇯

> **Important Note on Dialing Codes:** Tajikistan's country code is `+992`. The primary emergency numbers for mobile users are **101** (Fire), **102** (Police), and **103** (Ambulance). Operators primarily speak **Tajik and Russian**. English-speaking assistance is limited and most likely to be found via the **112** dispatch in Dushanbe.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The growing primary contact for integrated dispatch).*
- **Ambulance (Skoraya Pomosh):** `103` *(Direct line for medical emergencies).*
- **Police (Militia):** `102` *(Direct line for security and reporting crimes).*
- **Fire Brigade:** `101` *(Direct line for fire and rescue).*
- **Committee of Emergency Situations (CoES):** `111` or `+992 37 223 13 11` *(For natural disasters, mountain rescues, and large-scale accidents).*
- **Gas Emergency:** `104`

Suicide Prevention & Mental Health Crises

- **National Center for Mental Health:** `+992 37 221 04 74` *(The primary facility in Dushanbe for psychiatric emergencies and acute inpatient care).*
- **Trust Line (Ministry of Internal Affairs):** `+992 37 221 21 21` *(A general hotline that can provide support and routing for individuals in psychological distress).*
- **NGO "Guli Surkh":** `+992 93 505 52 14` *(Provides psychological support and counseling for people in crisis, particularly those affected by social stigma).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `103` (Ambulance) for transport to the nearest psychiatric ward.

Domestic Violence & Abuse

- **National Hotline for Victims of Violence:** `1313` *(A dedicated shortcode for women and children experiencing domestic abuse, managed in coordination with the Ministry of Internal Affairs).*
- **NGO "Korgah":** `+992 37 224 43 00` *(Provides legal and psychological support for survivors of domestic violence and operates several crisis centers).*
- **Women's Resource Center (Dushanbe):** `+992 37 221 52 04` *(Offers counseling, legal aid, and temporary shelter for women escaping abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `102`. You can specifically request the "Inspector for the Prevention of Domestic Violence."

Addiction & Substance Abuse Help

- **National Center for Narcology:** `+992 37 236 04 46` *(The main state facility for the treatment of drug and alcohol addiction, providing detoxification and rehabilitation).*
- **SPIN Plus:** `+992 44 601 32 32` *(An NGO providing harm reduction services, counseling, and support for individuals struggling with substance dependency).*
- **Volunteer Support Groups:** Recovery meetings (AA/NA style) are limited; contact the **National Center for Narcology** for information on community-led recovery sessions in Dushanbe.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `103` (Ambulance) immediately. Medical staff treat overdoses as critical health emergencies.

Here is the information for **Tanzania**, maintaining the exact formatting for your document.

Tanzania’s emergency infrastructure is managed by the Ministry of Home Affairs and the Ministry of Health. While the country is transitioning toward more unified systems, the **112** and **999** lines remain the standard for police and multi-agency response.

Tanzania 🇹🇿

> **Important Note on Dialing Codes:** Tanzania's country code is +255. The emergency numbers **112** and **999** serve as the primary contacts for Police. For medical emergencies, while **115** is the official ambulance line, dialing **112** from a mobile is often the fastest way to be routed. Operators are fluent in **Swahili and English**.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary mobile emergency contact for Police and rescue).*
- **Police (Emergencies):** 999 *(Traditional landline emergency contact for security and crime reporting).*
- **Ambulance (Medical):** 115 *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire & Rescue:** 114 *(Direct line for fire services).*
- **Maritime Rescue (Zanzibar & Mainland):** 110 *(For emergencies in Tanzanian territorial waters).*
- **Knight Support (Private Medical):** +255 767 564 448 *(A prominent private emergency service provider in Dar es Salaam).*

Suicide Prevention & Mental Health Crises

- **Muhimbili National Hospital (Psychiatry):** +255 22 215 1367 *(The primary national referral center in Dar es Salaam for psychiatric emergencies).*
- **Tanzania Mental Health Association (MEHATA):** Provides advocacy and can offer referrals for psychological support and crisis intervention.
- **Child Helpline Tanzania:** 116 *(While focused on children, they provide significant emotional support and crisis intervention for youth and families in distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 112 (Police) or 115 (Ambulance) for transport to the nearest regional referral hospital.

Domestic Violence & Abuse

- **National Child & Gender Helpline:** 116 *(A 24/7 toll-free service for reporting gender-based violence, domestic abuse, and child protection issues).*
- **Tanzania Women Lawyers Association (TAWLA):** +255 22 286 2831 *(Provides legal aid and support for women victims of domestic violence).*
- **Gender and Children's Desks (Police):** Specialized units are available at most major police stations nationwide; request this desk specifically when reporting abuse.
- **Crisis Center (Zanzibar):** +255 24 223 3713 *(Specifically for survivors of violence in the Zanzibar archipelago).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 112.

Addiction & Substance Abuse Help

- **Muhimbili National Hospital (Addiction Treatment):** +255 22 215 1367 *(Offers Medically Assisted Treatment (MAT) and detoxification services).*
- **DCEA (Drug Control and Enforcement Authority):** +255 22 211 1550 *(The national body coordinating addiction treatment and drug enforcement; they provide information on rehabilitation centers).*
- **Pillars of Hope:** A well-known NGO providing residential rehabilitation and counseling for substance dependency.
- **Alcoholics Anonymous (AA) Tanzania:** Local meetings are primarily held in Dar es Salaam and Arusha; contact the **DCEA** for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 115 (Ambulance) or 112 immediately. Medical care is prioritized to stabilize the patient.

Thailand 🇹🇭

Important Note on Dialing Codes: Thailand's country code is `+66`. The primary emergency numbers are **191** (Police) and **1669** (Ambulance). Operators at these lines generally speak **Thai**, but English-speaking staff are prioritized for the **1155** (Tourist Police) line.

General Emergency Numbers

- **Police (Emergencies):** `191` *(The primary contact for security and reporting crimes).*
- **Medical Emergency & Ambulance:** `1669` *(Direct line for the National Institute for Emergency Medicine; provides free public ambulance services).*
- **Tourist Police:** `1155` *(A 24/7 dedicated line for foreigners with English-speaking operators to assist with security and general safety issues).*
- **Fire Brigade:** `199` *(Direct line for fire and rescue).*
- **Maritime Emergency:** `1196` *(Direct line for the Marine Police for search and rescue).*
- **Private Medical (Bangkok Hospital):** `1719` *(A common private emergency contact for international-standard care).*

Suicide Prevention & Mental Health Crises

- **Department of Mental Health Hotline:** `1323` *(A 24/7 national toll-free hotline for emotional support and crisis counseling. English speakers are sometimes available).*
- **The Samaritans of Thailand:** `+66 2 113 6789` *(Provides 24/7 emotional support and suicide prevention services; English-language callbacks can be requested).*
- **Somdet Chaopraya Institute of Psychiatry:** `+66 2 442 2500` *(One of the primary public psychiatric hospitals for acute crisis intervention).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `1669` (Ambulance).

Domestic Violence & Abuse

- **OSCC (One Stop Crisis Center):** `1300` *(A 24/7 national hotline operated by the Ministry of Social Development and Human Security for reporting domestic violence, child abuse, and human trafficking).*
- **Pavena Foundation:** `+66 2 577 0500` *(A prominent NGO that provides extensive support, legal aid, and temporary shelter for women and children victims of abuse).*
- **Police Family Violence Units:** Request specialized assistance at any police station; for tourists, the **1155** line can facilitate communication with these units.
- **Emergency Police Intervention:** If you are in immediate danger, dial `191` or `1155`.

Addiction & Substance Abuse Help

- **Thanyarak Institute (PMNIDAT):** `1165` *(The primary national institute for drug abuse treatment, offering detoxification and rehabilitation services).*
- **Addiction Hotline:** `1567` *(A 24/7 hotline for general addiction counseling and treatment referrals).*
- **The Cabin (Chiang Mai):** One of several world-renowned private residential rehabilitation centers focused on international patients.
- **Alcoholics Anonymous (AA) Thailand:** `+66 2 231 8300` *(Contact for local Thai and English-speaking recovery meetings in Bangkok, Phuket, and Chiang Mai).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `1669` (Ambulance) immediately. Hospitals focus on life-saving stabilization.

Timor-Leste 🇹🇱

Important Note on Dialing Codes: Timor-Leste's country code is `+670`. The unified emergency number **112** is the primary contact for Police, Fire, and Ambulance. Operators are fluent in **Tetum and Portuguese**, with limited English available at the central dispatch in Dili.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for Police, Fire, and Medical emergencies).*
- **Police (PNTL):** `+670 331 1380` *(Direct line for the Dili District Police Headquarters).*
- **Ambulance / Fire (Bombeiros):** `115` *(Direct line for the National Fire and Emergency Medical Services).*
- **Guarda Costeira (Coast Guard):** `+670 7723 0635` *(For maritime search and rescue).*
- **Guido Valadares National Hospital (HNGV):** `+670 331 1008` *(The main national hospital in Dili for major emergencies).*

Suicide Prevention & Mental Health Crises

- **PRADET (Psychosocial Support):** `+670 331 0137` *(An NGO providing essential mental health support, crisis intervention, and psychosocial services).*
- **HNGV Psychiatric Unit:** `+670 331 1008` *(The primary national facility for acute psychiatric care and inpatient services).*
- **Alola Foundation:** Provides community-based support and can assist with referrals for psychological distress among women and children.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `112` or transport the individual to the **Guido Valadares National Hospital** emergency ward.

Domestic Violence & Abuse

- **Casa Vida:** `+670 7723 0450` *(Provides safe shelter, medical care, and legal support for children and young women survivors of sexual violence).*
- **PRADET (Fatin Hakmatek):** `+670 331 0137` *(A specialized clinic within the National Hospital providing holistic care for survivors of domestic and sexual violence).*
- **PNTL Vulnerable Persons Unit (VPU):** `112` *(Request the VPU when calling the police; this is a specialized unit trained to handle domestic violence and child protection cases).*
- **Fokus (Forum Komunikasaun ba Feto Timor-Leste):** `+670 332 1537` *(An NGO network providing advocacy and support for women victims of abuse).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `112`.

Addiction & Substance Abuse Help

- **HNGV Mental Health & Addiction Services:** `+670 331 1008` *(Provides basic medical detoxification and psychiatric counseling for substance dependency).*
- **National Health Institute (INS):** Coordinates public health initiatives and can provide information on community-based recovery programs.
- **Community-Based Support:** Due to a lack of private rehabilitation centers, most recovery support is facilitated through local parish clinics and religious organizations.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` or `115` (Ambulance) immediately.

Here is the information for **Togo**, maintaining the exact formatting for your document.

Togo's emergency response is primarily managed by the **Sapeurs-Pompiers** (Firefighters) and the **National Police**. While the country uses specialized three-digit codes, the firefighters are the most common responders for both fires and road-related medical emergencies.

Togo 🇹🇬

> **Important Note on Dialing Codes:** Togo's country code is `+228`. The primary emergency numbers are **117** (Police) and **118** (Fire/Ambulance). Operators are fluent in **French**, with local languages like Ewe and Kabiye widely spoken. English-speaking assistance is limited.

General Emergency Numbers

- **Police (Police Secours):** `117` *(The primary contact for security and reporting crimes in urban areas).*
- **Fire & Medical Rescue (Sapeurs-Pompiers):** `118` *(Direct line for fires, road accidents, and emergency medical transport).*
- **Gendarmerie Nationale:** `172` *(The primary security force for rural areas and national highways).*
- **SAMU (Medical Emergency):** `+228 22 25 25 25` *(Specialized medical intervention and ambulance service).*
- **Anti-Poison Center:** `+228 22 25 06 48`

Suicide Prevention & Mental Health Crises

- **Hôpital Psychiatrique de Zébé (Aného):** `+228 23 31 00 39` *(The main national psychiatric referral center for acute care and emergencies).*
- **CHU Sylvanus Olympio (Psychiatric Ward):** `+228 22 21 25 01` *(The largest hospital in Lomé, providing emergency psychiatric assessment).*
- **NGO "Dimensions Humaines":** Provides psychological support and advocacy for mental health; can be reached for guidance on local resources.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `118` (Fire/Ambulance) for transport to the nearest regional hospital emergency department.

Domestic Violence & Abuse

- **National Helpline for Children (Allo 111):** 111 *(A free 24/7 national hotline for reporting child abuse, neglect, and exploitation).*
- **GF2D (Groupe de Réflexion et d'Action Femme, Démocratie et Développement):** +228 22 21 83 42 *(Provides legal aid, counseling, and support for women victims of domestic violence).*
- **WILDAF Togo:** +228 22 22 25 10 *(Offers legal assistance and protection services for women facing gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 117. In Lomé, you can ask for the specialized units handling the protection of minors and women.

Addiction & Substance Abuse Help

- **CNAO (Centre National d'Addictologie):** +228 22 25 00 12 *(The primary state facility for the treatment of drug and alcohol dependency, offering medical and psychological support).*
- **Blue Cross Togo (Croix Bleue):** +228 22 21 02 18 *(An NGO specializing in the prevention and treatment of alcoholism and drug addiction).*
- **ANAD (Association Nationale d'Assistance aux Drogués):** Provides community-based support and rehabilitation referrals.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 118 (Ambulance) or transport the individual to the **CHU Sylvanus Olympio** emergency ward.

Tonga 🇹🇴

Important Note on Dialing Codes: Tonga's country code is +676. The primary emergency numbers are **911** (Police), **922** (Ambulance), and **999** (Fire). Operators are fluent in **Tongan and English**.

General Emergency Numbers

- **Police (Emergencies):** 911 *(The primary contact for security and reporting crimes).*
- **Ambulance (Medical):** 922 *(Direct line for the Vaiola Hospital ambulance service).*
- **Fire Brigade:** 999 *(Direct line for fire and rescue services).*
- **Vaiola Hospital (Main Line):** +676 23200 *(The main national referral hospital in Nuku‘alofa).*
- **Marine Search and Rescue:** +676 20700 *(Coordinated through the Ministry of Infrastructure).*

Suicide Prevention & Mental Health Crises

- **Vaiola Hospital (Mental Health Unit):** +676 23200 *(The primary public facility for psychiatric emergencies and acute inpatient care).*
- **Tonga Lifeline:** +676 23150 *(A volunteer-led crisis support and counseling service).*
- **Salvation Army Tonga:** +676 23760 *(Provides community-based psychosocial support and counseling for those in distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 922 (Ambulance) or 911 (Police) for transport to the **Vaiola Hospital Psychiatric Ward**.

Domestic Violence & Abuse

- **Women and Children Crisis Centre (WCCC):** 0800 444 *(A 24/7 free national hotline for survivors of domestic violence and sexual assault; they provide safe houses and legal advocacy).*
- **Tonga National Centre for Women and Children (TNCWC):** +676 26581 *(Offers counseling, crisis intervention, and support for victims of abuse).*
- **Police Family Protection Unit:** 911 *(Request this specialized unit at any police station; they are trained to handle cases under the Family Protection Act).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 911.

Addiction & Substance Abuse Help

- **Alcohol & Drug Awareness Center:** +676 23200 *(Located at Vaiola Hospital; provides counseling and medical guidance for substance dependency).*
- **The Salvation Army (Addiction Services):** +676 23760 *(Offers structured rehabilitation programs and support groups for alcohol and drug addiction).*
- **Community-Based Support:** Due to Tonga's close-knit social structure, many recovery efforts are facilitated through local church leaders and town officers.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 922 (Ambulance) immediately.

Trinidad and Tobago 🇹🇹

Important Note on Dialing Codes: The country code is `+1 868`. The emergency numbers **999** (Police) and **811** (Ambulance) are the most direct routes to emergency dispatch. Operators are fluent in **English**.

General Emergency Numbers

- **Police (Emergencies):** `999` *(The primary contact for security and reporting crimes).*
- **Ambulance (GMRTT):** `811` *(Direct line for the national emergency ambulance service).*
- **General Emergency:** `911` *(Unified number for reporting any emergency, often routing to Fire/Ambulance).*
- **Fire Brigade:** `990` *(Direct line for fire and rescue).*
- **Coast Guard:** `+1 868 634 4440` *(For maritime search and rescue).*
- **ODPM (Disaster Management):** `511` *(For natural disasters and large-scale emergencies).*

Suicide Prevention & Mental Health Crises

- **Lifeline Trinidad & Tobago:** `+1 868 645 2800` *(A 24/7 national suicide prevention and emotional support hotline).*
- **ChildLine (Support for Youth):** `131` or `800-4321` *(A 24/7 helpline for children and young adults in distress).*
- **St. Ann's Psychiatric Hospital:** `+1 868 624 1151` *(The primary public psychiatric referral facility for acute care and emergencies).*
- **Families in Action:** `+1 868 628 2333` *(Offers 24/7 counseling and support for individuals in emotional crisis).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `811` (Ambulance) or `911`.

Domestic Violence & Abuse

- **National Domestic Violence Hotline:** `800-SAVE` (800-7283) *(A 24/7 toll-free hotline for survivors seeking crisis intervention and shelter).*
- **Children's Authority of T&T:** `996` or `800-2014` *(The primary agency for reporting child abuse or neglect).*
- **Police Victim and Support Unit:** `+1 868 624 8853` *(A specialized unit within the TTPS providing counseling and legal support for crime victims).*
- **Coalition Against Domestic Violence (CADV):** `+1 868 624 0402` *(Provides advocacy, counseling, and shelter referrals).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- **NADAPP (National Alcohol & Drug Abuse Prevention Programme):** `+1 868 627 3506` *(Coordinates national treatment services and provides referrals to rehabilitation centers).*
- **New Life Ministries (Mount St. Benedict):** `+1 868 662 5311` *(A prominent residential drug and alcohol rehabilitation center).*
- **Alcoholics Anonymous (AA) T&T:** `+1 868 662 2172` *(Contact for local English-speaking recovery meetings).*
- **Narcotics Anonymous (NA) T&T:** `+1 868 351 0953`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `811` (Ambulance) immediately. Hospitals treat overdoses as acute medical emergencies.

Tunisia 🇹🇳

Important Note on Dialing Codes: Tunisia's country code is `+216`. The primary emergency numbers are **197** (Police), **198** (Civil Protection), and **190** (Ambulance/SAMU). Operators are fluent in **Arabic and French**. English-speaking assistance is more common at the SAMU dispatch centers in Tunis.

General Emergency Numbers

- **Police (Police Secours):** `197` *(The primary contact for security and reporting crimes in urban areas).*
- **Civil Protection (Protection Civile):** `198` *(The primary responders for fires, road accidents, and general rescue operations).*
- **SAMU (Medical Emergency):** `190` *(The specialized 24/7 medical emergency and ambulance service for critical health crises).*
- **National Guard (Garde Nationale):** `193` *(The primary security force for rural and coastal areas).*
- **Maritime Rescue:** `194` *(For emergencies at sea).*

Suicide Prevention & Mental Health Crises

- **Razi Hospital (La Manouba):** `+216 71 600 011` *(The national referral hospital for psychiatry; it provides 24/7 emergency psychiatric care).*
- **Allô Psychologue:** `+216 80 10 50 50` *(A toll-free helpline providing psychological support and counseling).*
- **SOS Psychologie:** Many private and NGO-led initiatives provide counseling; contact **SAMU (190)** for immediate guidance during a psychiatric crisis.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial **190** (SAMU) or transport the individual to the **Razi Hospital** emergency ward.

Domestic Violence & Abuse

- **National Helpline for Women (Green Number):** `1805` *(A 24/7 toll-free hotline for women victims of violence, providing counseling and coordination with police and shelters).*
- **Association Tunisienne des Femmes Démocrates (ATFD):** `+216 71 330 842` *(A leading NGO providing legal, psychological, and social support for survivors of domestic and sexual violence).*

- **Beity Association:** `+216 71 563 045` *(Provides shelter and holistic support for women and children in vulnerable situations).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `197`. Law 58 (2017) provides significant legal protections and restraining orders for survivors of gender-based violence.

Addiction & Substance Abuse Help

- **National Center for Addiction Medicine (Sfax):** One of the specialized public facilities for detoxification and substance abuse treatment.
- **Association Tunisienne de Toxicologie:** Provides information and guidance on drug-related health issues and poisoning.
- **Association Tunisienne de Prévention des Toxicomanies (ATUPRET):** `+216 71 340 100` *(Provides counseling, prevention programs, and referrals for rehabilitation).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial **190** (SAMU) immediately. Medical interventions are prioritized as life-saving procedures.

Turkey (Türkiye) 🇹🇷

Important Note on Dialing Codes: Turkey's country code is `+90`. The unified emergency number **112** is the single point of contact for all services, including Police, Ambulance, Fire, and Gendarmerie. Operators are fluent in **Turkish**, and the 112 centers in major tourist areas (Istanbul, Antalya, Ankara) offer 24/7 support in **English, German, Arabic, and Russian**.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for all life-safety emergencies).*
- **Police (Polis İmdat):** `112` *(Formerly 155; for security and reporting crimes).*
- **Ambulance (Ambulans):** `112` *(Formerly 112; for medical emergencies).*
- **Gendarmerie (Jandarma):** `112` *(Formerly 156; for security in rural and provincial areas).*
- **Coast Guard (Sahil Güvenlik):** `112` *(Formerly 158; for maritime emergencies).*
- **Forest Fire (Orman Yangın):** `112` *(Formerly 177).*

Suicide Prevention & Mental Health Crises

- **ALO 182 (Mental Health Appointments):** While used for hospital appointments, it provides routing to psychiatric services.
- **National Psychological Support Line:** `0850 441 44 04` *(A dedicated support line for crisis intervention and emotional distress).*
- **Bakırköy Psychiatric Hospital (Istanbul):** `+90 212 409 15 15` *(One of the largest psychiatric facilities providing 24/7 emergency psychiatric assessment).*
- **Emergency Medical Response:** In the event of an active suicide attempt or severe psychiatric break, dial **112** for an ambulance to transport the individual to the nearest "Acil Servis" (Emergency Room).

Domestic Violence & Abuse

- **KADES (Women's Support App):** A government-issued mobile app that allows women to alert the police with a single touch, sharing their GPS location for immediate response.
- **ALO 183 (Social Support Line):** `183` *(A 24/7 national hotline for women, children, and the elderly victims of violence or neglect. They provide counseling and coordinate shelter placement).*
- **Mor Çatı Women's Shelter Foundation:** `+90 212 292 52 31` *(A prominent NGO providing legal and psychological support and shelter).*

- **Emergency Police Intervention:** If you are in immediate danger, dial 112. Turkey has strict laws regarding "Protection Orders" (Uzaklaştırma Kararı) for domestic abuse.

Addiction & Substance Abuse Help

- **ALO 191 (Drug Addiction Support):** 191 *(A 24/7 national hotline provided by the Ministry of Health for drug addiction counseling, information, and treatment referrals).*
- **AMATEM (Alcohol and Drug Research and Treatment Center):** These specialized clinics are located within major state hospitals nationwide and provide detoxification and inpatient/outpatient rehabilitation.
- **Green Crescent (Yeşilay) Counseling Center (YEDAM):** 115 *(A free and anonymous counseling service for alcohol, tobacco, drug, and technology addiction).*
- **Alcoholics Anonymous (AA) Turkey:** +90 532 233 03 35 *(Contact for local Turkish and English-speaking recovery meetings).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 112 immediately. Medical care is a priority and is handled confidentially.

Turkmenistan 🇹🇲

Important Note on Dialing Codes: Turkmenistan's country code is `+993`. The primary emergency numbers for mobile users are **101** (Fire), **102** (Police), and **103** (Ambulance). Operators primarily speak **Turkmen and Russian**. English-speaking assistance is rare outside of international hotels or diplomatic circles.

General Emergency Numbers

- **Ambulance (Tiz Komek):** `103` *(Direct line for medical emergencies and ambulance dispatch).*
- **Police (Polisiýa):** `102` *(Direct line for security and reporting crimes).*
- **Fire Brigade (Ýangyn Söndüriş):** `101` *(Direct line for fire and rescue services).*
- **Gas Emergency:** `104`
- **Central Emergency Services (Ashgabat):** `+993 12 39 03 40` *(General coordination for the capital city).*

Suicide Prevention & Mental Health Crises

- **National Psychiatric Center (Gökdepe):** `+993 12 32 30 73` *(The primary national facility for acute psychiatric care and emergencies).*
- **Ashgabat Mental Health Hospital:** `+993 12 34 30 03` *(Provides 24/7 psychiatric emergency assessment and inpatient services).*
- **General Healthcare Helpline:** `+993 12 40 03 33` *(Can provide routing to medical specialists for psychological distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `103` (Ambulance) for transport to the nearest regional hospital emergency department.

Domestic Violence & Abuse

- **Union of Women of Turkmenistan:** `+993 12 38 11 02` *(A state-affiliated organization that provides social support and advocacy for women's rights and family protection).*
- **Keyik Okara:** `+993 12 22 93 89` *(One of the few NGOs in the country that has historically provided support and shelter referrals for women in difficult life situations).*
- **Family Protection Services:** Managed through the Ministry of Internal Affairs; reports are generally made through the standard police line (**102**).
- **Emergency Police Intervention:** If you are in immediate danger, dial `102`.

Addiction & Substance Abuse Help

- **Narcology Center of Turkmenistan:** `+993 12 34 03 46` *(The main state institution for the treatment of drug and alcohol dependency, providing detoxification and long-term monitoring).*
- **Ministry of Health (Drug Control):** Coordinates national rehabilitation policies and manages public narcology clinics in each province (velayat).
- **Information and Counseling:** Information regarding recovery is usually handled through local healthcare clinics (Poliklinika); contact your local district health office for referrals.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `103` (Ambulance) immediately. Medical staff treat overdoses as acute life-safety events.

Tuvalu 🇹🇻

Important Note on Dialing Codes: Tuvalu's country code is `+688`. The unified emergency number **911** is the primary contact for Police, Fire, and Ambulance. Operators are fluent in **Tuvaluan and English**.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for Police, Fire, and Medical emergencies).*
- **Police (Funafuti):** `+688 20726` *(Direct line to the Tuvalu Police Force headquarters).*
- **Princess Margaret Hospital (Ambulance):** `+688 20749` *(Direct line for medical emergencies and ambulance dispatch).*
- **Fire Service:** `+688 20726` *(Managed through the Police Force).*
- **Maritime Search and Rescue:** `+688 20726` *(Critical for inter-island maritime emergencies).*

Suicide Prevention & Mental Health Crises

- **Princess Margaret Hospital (Mental Health Unit):** `+688 20749` *(The hospital provides basic psychiatric assessment and crisis intervention).*
- **Tuvalu Family Health Association (TuFHA):** `+688 20739` *(Provides counseling and psychological support services, particularly for reproductive health and youth).*
- **Community Support:** Mental health support is largely integrated into general medical care at the hospital or through local community and church leaders.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911` or transport the individual directly to the **Princess Margaret Hospital** in Funafuti.

Domestic Violence & Abuse

- **Tuvalu National Council of Women (TNCW):** `+688 20839` *(Provides advocacy, support, and guidance for women experiencing domestic violence).*
- **Gender Affairs Department:** `+688 20161` *(Coordinates national policies on domestic violence and provides support services).*
- **Police Vulnerable Persons Unit:** `+688 20726` *(Request this unit for sensitive handling of domestic abuse and child protection cases).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `911`. The **Family Protection Act (2014)** provides the legal framework for protection orders in Tuvalu.

Addiction & Substance Abuse Help

- **Princess Margaret Hospital (Medical Ward):** `+688 20749` *(Provides medical management for alcohol-related health issues and basic detoxification).*
- **TuFHA Counseling Services:** `+688 20739` *(Offers general counseling that includes support for substance use).*
- **Church-Based Programs:** Most rehabilitation and recovery support in Tuvalu is facilitated through local religious organizations and community-based groups.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `911` (Ambulance) immediately.

Uganda 🇺🇬

Important Note on Dialing Codes: Uganda's country code is `+256`. The primary emergency numbers are **999** (Landline) and **112** (Mobile). Operators are fluent in **English and Swahili**, with many capable of speaking local languages such as Luganda.

General Emergency Numbers

- **National Police (Emergency):** `999` *(Traditional landline contact for security and crime reporting).*
- **Mobile Emergency:** `112` *(Universal mobile emergency number for all services).*
- **Ambulance (Police Medical Services):** `+256 800 999 000` *(Toll-free police medical emergency line).*
- **Fire Brigade:** `+256 414 342 222` or `112` *(Direct line for the Fire and Rescue Services in Kampala).*
- **City Ambulance (Private):** `+256 312 201 112` *(A reliable private ambulance service operating in major urban centers).*
- **Uganda Red Cross:** `+256 414 250 388` *(Disaster response and emergency first aid).*

Suicide Prevention & Mental Health Crises

- **Butabika National Referral Mental Hospital:** `+256 414 504 376` *(The primary national facility for psychiatric emergencies, offering 24/7 crisis intervention).*
- **StrongMinds Uganda:** `+256 800 220 633` *(A toll-free line providing mental health support and counseling).*
- **Safe Places Uganda:** `+256 709 771 144` *(A private facility providing 24/7 psychiatric emergency services and addiction support).*
- **Mental Health Uganda:** `+256 800 212 121` *(A toll-free helpline for peer-to-peer support and psychological first aid).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, transport the individual to the **Butabika Hospital** emergency unit or the nearest regional referral hospital.

Domestic Violence & Abuse

- **Child & Family Protection Unit (Police):** `+256 800 199 195` *(A dedicated toll-free line for reporting domestic violence and child abuse).*
- **Sauti 116 (National Child Helpline):** `116` *(A 24/7 toll-free service for reporting child abuse, neglect, and exploitation).*

- **ActionAid Uganda:** `+256 414 510 263` *(Operates several GBV shelters and provides legal and psychosocial support for survivors).*
- **FIDA Uganda (Association of Women Lawyers):** `+256 414 530 848` *(Provides legal aid and advocacy for women victims of domestic violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `112`. You should specifically ask for the "Child and Family Protection Officer."

Addiction & Substance Abuse Help

- **Butabika Hospital Alcohol & Drug Unit:** `+256 414 504 376` *(The state-run unit for detoxification and rehabilitation).*
- **Hope and Beyond:** `+256 772 380 500` *(A well-known rehabilitation center providing treatment for alcohol and drug addiction).*
- **Serenity Centre:** `+256 772 411 113` *(Specializes in the treatment and rehabilitation of individuals with substance use disorders).*
- **Alcoholics Anonymous (AA) Uganda:** Local meetings are available in Kampala and Entebbe; contact the **Serenity Centre** for current schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `112` (Mobile) or transport the individual to the nearest emergency ward immediately.

Ukraine 🇺🇦

Important Note on Dialing Codes: Ukraine's country code is `+380`. The unified emergency number **112** is the primary contact for all services. Additionally, the legacy specialized numbers **101** (Fire), **102** (Police), and **103** (Ambulance) are fully operational. Operators are fluent in **Ukrainian and Russian**, with English-speaking capabilities increasing in major cities and via the 112 dispatch.

General Emergency Numbers

- **National Unified Emergency:** `112` *(The primary contact for integrated dispatch).*
- **Police (Politsiya):** `102` *(Direct line for security and reporting crimes).*
- **Ambulance (Shvydka Dopomoha):** `103` *(Direct line for medical emergencies).*
- **Fire Brigade & Rescue (SESU):** `101` *(Direct line for fire, rescue, and demining).*
- **Gas Emergency:** `104`
- **State Service for Emergencies (Information):** `+380 44 247 30 02`

Suicide Prevention & Mental Health Crises

- **Lifeline Ukraine:** `7333` *(A 24/7 national suicide prevention and mental health support hotline, primarily for veterans and their families but available to all).*
- **National Hotline for Emotional Support:** `0 800 211 444` *(A free, confidential service provided by specialists to help manage stress and crisis).*
- **Pavlov Psychiatric Hospital (Kyiv):** `+380 44 468 16 10` *(A major referral center for acute psychiatric emergencies).*
- **How Are You? (Ty Yak?):** A government-led initiative providing extensive digital resources and psychological first aid for war-related trauma.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `103` (Ambulance) or `112`.

Domestic Violence & Abuse

- **National Hotline for Prevention of Domestic Violence:** `116 123` or `0 800 500 335` *(A 24/7 free and confidential hotline for support, legal advice, and shelter referral).*
- **Police "Polina" Units:** Specialized mobile police teams dedicated to responding specifically to domestic violence calls; request them via **102**.
- **La Strada Ukraine:** `0 800 500 225` *(Provides comprehensive support and protection for survivors of gender-based violence and human trafficking).*
- **National Child Hotline:** `116 111` or `0 800 500 225` *(Dedicated support for children experiencing abuse or neglect).*

- **Emergency Police Intervention:** If you are in immediate danger, dial `102` or `112`.

Addiction & Substance Abuse Help

- **National Hotline on Drug Dependence:** `0 800 507 727` *(Provides information on treatment options and harm reduction).*
- **Center for Mental Health and Monitoring of Drugs:** `+380 44 235 51 04` *(A Ministry of Health body that coordinates addiction services).*
- **Narcological Medical Center "Sociotherapy" (Kyiv):** `+380 44 258 68 91` *(Provides detoxification and comprehensive treatment for substance abuse).*
- **Alcoholics Anonymous (AA) Ukraine:** `+380 44 592 95 11` *(Contact for local recovery meetings nationwide).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `103` (Ambulance) immediately. Medical staff are focused on life-saving stabilization.

United Arab Emirates 🇦🇪

Important Note on Dialing Codes: The UAE country code is +971. The unified emergency number **999** is the primary contact for all life-threatening emergencies. Operators are multilingual, providing 24/7 support in **Arabic, English, Hindi, Urdu, and several other languages**. For non-emergencies, you can contact the police at **901**.

General Emergency Numbers

- **Police (Emergencies):** 999 *(The primary contact for security and all critical emergencies).*
- **Ambulance:** 998 *(Direct line for the National Ambulance service).*
- **Fire Department (Civil Defence):** 997 *(Direct line for fire and rescue services).*
- **Coast Guard:** 996 *(For maritime search and rescue).*
- **Electricity & Water Emergencies:** 991
- **Police (Non-Emergency):** 901 *(For general inquiries, lost items, or reporting non-urgent crimes).*

Suicide Prevention & Mental Health Crises

- **Mental Health Support Line (Ministry of Health):** 800 4673 (800-HOPE) *(A 24/7 national hotline providing psychological support and counseling).*
- **Al Amal Psychiatric Hospital (Dubai):** +971 4 519 2500 *(The premier national facility for psychiatric emergencies and acute inpatient care).*
- **SEHA Mental Health Hotline (Abu Dhabi):** 800 50 *(Managed by the Abu Dhabi Health Services Company for crisis intervention).*
- **The LightHouse Arabia:** +971 4 380 2088 *(A prominent private center in Dubai offering specialized grief and trauma support).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial **999**. Specialized psychiatric teams can be dispatched in major urban areas.

Domestic Violence & Abuse

- **Ministry of Interior (Child Protection):** 116 111 *(A dedicated national hotline for reporting child abuse and neglect).*
- **EWAA Shelters for Women and Children:** 800 7283 (800-SAVE) *(Provides 24/7 support and safe shelter for victims of human trafficking and domestic violence).*

- **Dubai Foundation for Women and Children (DFWAC):** `800 111` *(The first licensed non-profit shelter in the UAE for victims of domestic violence and child abuse).*
- **Aman Service (Abu Dhabi Police):** `800 2626` *(A confidential channel to report crimes or safety concerns, including domestic abuse).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`. The UAE has strict federal laws for the protection of women and minors.

Addiction & Substance Abuse Help

- **National Rehabilitation Center (NRC) - Abu Dhabi:** `800 672` *(The primary government body providing comprehensive treatment, detoxification, and rehabilitation for addiction).*
- **Erada Center for Treatment and Rehab (Dubai):** `+971 4 239 9992` *(An independent organization offering specialized recovery programs and psychological support).*
- **Alcoholics Anonymous (AA) UAE:** `+971 50 564 3004` *(Contact for local English and Arabic-speaking recovery meetings across the emirates).*
- **Narcotics Anonymous (NA) UAE:** `+971 56 612 1705`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial **999** or **998** immediately. Under the UAE's "Good Samaritan" principles, seeking medical help for an overdose is treated as a medical priority to encourage life-saving intervention.

United Kingdom 🇬🇧

Important Note on Dialing Codes: The UK country code is +44. The primary emergency number is **999**, though **112** (the European standard) is also fully operational and works identically. Operators are fluent in **English and Welsh**, with instant access to translation services for over 200 languages. For non-emergencies, use **101** (Police) or **111** (NHS Medical Advice).

General Emergency Numbers

- **National Emergency:** `999` or `112` *(The primary contact for Police, Ambulance, Fire, and Coastguard).*
- **NHS Medical Advice (Non-Life-Threatening):** `111` *(A 24/7 service to get medical help when it's not an emergency but you need advice or an appointment).*
- **Police (Non-Emergency):** `101` *(To report a crime that has already happened or to provide information).*
- **HM Coastguard:** `999` *(Ask for "Coastguard" for all maritime and coastal rescues).*
- **Mountain Rescue:** `999` *(Ask for "Police" and then "Mountain Rescue").*

Suicide Prevention & Mental Health Crises

- **Samaritans:** `116 123` *(A 24/7 free, confidential emotional support line for anyone in distress or struggling to cope).*
- **SHOUT:** Text `85258` *(A 24/7 silent text-based support service for anyone in a mental health crisis).*
- **PAPYRUS (Youth Suicide Prevention):** `0800 068 4141` *(For people under 35 and those concerned about them).*
- **NHS Urgent Mental Health Helpline:** Available via `111` *(They can link you directly to a local mental health crisis team).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial **999** or go to the nearest **A&E (Accident & Emergency)** department.

Domestic Violence & Abuse

- **National Domestic Abuse Helpline (Refuge):** `0808 2000 247` *(A 24/7 freephone service for women experiencing domestic violence).*
- **NSPCC (Child Protection):** `0808 800 5000` *(The leading charity for reporting concerns about a child's safety).*

- **Respect Phoneline:** `0808 802 4040` *(A helpline for men experiencing domestic abuse).*
- **The "Silent Solution":** If you dial **999** but cannot speak, press **55** when prompted; the operator will know it is a genuine emergency and transfer you to the police.
- **Emergency Police Intervention:** If you are in immediate danger, dial `999`.

Addiction & Substance Abuse Help

- **FRANK:** `0300 123 6600` *(A 24/7 confidential service providing honest information about drugs and addiction).*
- **Drinkline:** `0300 123 1110` *(A free, confidential helpline for people worried about their own or someone else's drinking).*
- **Alcoholics Anonymous (AA) GB:** `0800 9177 650` *(Contact for local recovery meetings nationwide).*
- **Narcotics Anonymous (NA) UK:** `0300 999 1212`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial **999** immediately. Paramedics in the UK prioritize the patient's life; police are generally only called to overdoses if there is a fatality or a threat to safety.

Here is the information for the **United States of America**, maintaining the exact formatting for your document.

The United States pioneered the integrated emergency response model with the **911** system. It is a highly sophisticated network that utilizes Enhanced 911 (E911) to automatically provide dispatchers with the caller’s location. In 2022, the US further modernized its infrastructure by launching **988**, a dedicated national number for mental health and suicide crises.

United States of America 🇺🇸

> **Important Note on Dialing Codes:** The US country code is `+1`. The universal emergency number is **911**. Operators are fluent in **English and Spanish**, with immediate access to translation services for over 240 languages. For mental health emergencies, dial **988**. For non-emergencies, dial **311** (in participating cities) or the local police 10-digit non-emergency line.

General Emergency Numbers

- **National Emergency:** `911` *(The primary contact for Police, Fire, and Emergency Medical Services).*
- **Poison Control:** `1-800-222-1222` *(A 24/7 national hotline for immediate expert help in poisoning emergencies).*
- **Coast Guard:** `911` or VHF Channel 16 *(For maritime search and rescue; 911 dispatchers can route to the Coast Guard).*
- **Non-Emergency Services:** `311` *(Available in most major cities for non-life-threatening municipal services and police reports).*

Suicide Prevention & Mental Health Crises

- **988 Suicide & Crisis Lifeline:** `988` *(A 24/7, free, and confidential national hotline for anyone in suicidal crisis or emotional distress. Texting* `988` *is also available).*
- **Crisis Text Line:** Text `HOME` to `741741` *(Provides 24/7 text-based support with trained crisis counselors).*
- **The Trevor Project (LGBTQ+ Youth):** `1-866-488-7386` or text `START` to `678-678` *(Specialized 24/7 suicide prevention for LGBTQ+ young people).*
- **Veterans Crisis Line:** Dial `988` then press `1` *(Dedicated support for veterans and their loved ones).*

- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial **911**. You may request a **CIT (Crisis Intervention Team)** officer if available.

Domestic Violence & Abuse

- **National Domestic Violence Hotline:** `1-800-799-SAFE (7233)` or text `START` to `88788` *(A 24/7 confidential hotline providing support, safety planning, and resources).*
- **Childhelp National Child Abuse Hotline:** `1-800-4-A-CHILD (1-800-422-4453)` *(A 24/7 resource for reporting concerns and seeking help for child abuse).*
- **RAINN (National Sexual Assault Hotline):** `1-800-656-HOPE (4673)` *(Connects callers to local sexual assault service providers for confidential support).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `911`. Many jurisdictions allow for "Silent 911" calls where you can tap the screen or leave the line open if it is unsafe to speak.

Addiction & Substance Abuse Help

- **SAMHSA National Helpline:** `1-800-662-HELP (4357)` *(A 24/7, free, confidential treatment referral and information service).*
- **Partnership to End Addiction:** Text `CONNECT` to `55753` *(Provides support for families struggling with a child's substance use).*
- **Alcoholics Anonymous (AA):** `www.aa.org` *(Use the website or "Meeting Guide" app to find local meetings in every state).*
- **Narcotics Anonymous (NA):** `www.na.org`
- **Emergency Medical Overdose:** For any drug-related medical crisis, dial **911** immediately. Many states have **"Good Samaritan Laws"** that protect the caller and the victim from drug possession charges when seeking emergency medical help for an overdose.

Uruguay 🇺🇾

Important Note on Dialing Codes: Uruguay's country code is `+598`. The unified emergency number **911** is the primary contact for all life-threatening situations. Operators are fluent in **Spanish**, with English-speaking assistance generally available in Montevideo and major tourist areas like Punta del Este. For non-emergencies, you can contact the local police stations directly.

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for Police, Fire, and Ambulance).*
- **Police (Emergencies):** `911` *(Direct routing to the National Police).*
- **Fire Brigade (Bomberos):** `104` or `911` *(Direct line for fire and rescue services).*
- **Poison Control (CIAT):** `1722` *(A 24/7 specialized service for toxicological emergencies).*
- **Maritime Rescue:** `106` *(Direct line for the Prefecture/Coast Guard).*
- **Road Assistance (Policía Caminera):** `108` *(For emergencies on national highways).*

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Line:** `0800 0767` or `*0767` *(A 24/7 free, confidential, and professional hotline operated by ASSE - the State Health Services Administration).*
- **Emotional Support Line:** `0800 1920` *(A dedicated line created to provide psychological support and containment).*
- **Vilardebó Hospital:** `+598 2203 1212` *(The primary public psychiatric hospital in Montevideo for acute mental health crises).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `911`. The mobile emergency units (Unidades de Emergencia Móvil) are highly trained for psychiatric stabilization.

Domestic Violence & Abuse

- **Domestic Violence Hotline:** `0800 4141` or `*4141` *(A free and anonymous national hotline for women experiencing domestic or gender-based violence. The call will not appear on phone bills).*
- **Blue Line (Línea Azul):** `0800 5050` *(A dedicated line for reporting the mistreatment or abuse of children and adolescents, managed by INAU).*
- **App 9-1-1:** The official government emergency app includes a "Panic Button" specifically for domestic violence victims who have existing court-ordered protections.

- **Emergency Police Intervention:** If you are in immediate danger, dial `911`. Uruguay has specialized "Comisarías de la Mujer" (Women's Police Stations) for sensitive reporting.

Addiction & Substance Abuse Help

- **Addiction Information Line (JND):** `*1020` *(A free, 24/7 national hotline providing guidance, information, and support for drug and alcohol users and their families).*
- **Portal Amarillo:** `+598 2309 1020` *(The national referral center for the treatment and detoxification of drug dependency).*
- **Alcoholics Anonymous (AA) Uruguay:** `+598 2901 3244` *(Contact for local Spanish-speaking recovery meetings).*
- **Narcotics Anonymous (NA) Uruguay:** `+598 0800 8524`
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `911` immediately. Uruguay treats overdose victims as patients first, prioritizing medical care and stabilization.

Uzbekistan 🇺🇿

Important Note on Dialing Codes: Uzbekistan's country code is +998. The primary emergency numbers are **101** (Fire), **102** (Police), and **103** (Ambulance). A unified **112** service is active in Tashkent and is being rolled out nationwide. Operators primarily speak **Uzbek and Russian**, though English-speaking operators are increasingly available in Tashkent and via the Tourist Police.

General Emergency Numbers

- **National Unified Emergency:** 112 *(The primary contact for integrated dispatch).*
- **Ambulance (Tez Tibbiy Yorqin):** 103 *(Direct line for medical emergencies).*
- **Police (Militsiya):** 102 *(Direct line for security and reporting crimes).*
- **Fire Brigade:** 101 *(Direct line for fire and rescue).*
- **Tourist Police:** +998 71 200 00 88 *(Dedicated assistance for foreigners with English-speaking staff).*
- **Emergency Management (Ministry of Emergency Situations):** 1050 *(For natural disasters or large-scale technical accidents).*

Suicide Prevention & Mental Health Crises

- **Tashkent City Mental Health Hospital:** +998 71 235 01 03 *(The primary facility for acute psychiatric emergencies in the capital).*
- **"Ishonch" (Trust) Hotline:** +998 71 233 48 37 *(A mental health helpline providing psychological support and crisis intervention).*
- **National Mental Health Center:** Coordinates public psychiatric services; you can contact **103** for an emergency psychiatric ambulance (specialized "psych" teams).
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial **103** (Ambulance) or transport the individual to the nearest hospital.

Domestic Violence & Abuse

- **National Rehabilitation Center (Women's Helpline):** 1146 *(A dedicated 24/7 hotline for women victims of violence, providing psychological, legal, and medical assistance).*
- **NGO "Oydin Nur":** +998 65 224 57 15 *(A prominent organization in Bukhara that serves as a model for domestic violence shelters and support in the country).*
- **Police Protection Units:** You can request a "Protection Order" (*Himoya Orderi*) directly from the police if you are a victim of domestic abuse.
- **Emergency Police Intervention:** If you are in immediate danger, dial 102.

Addiction & Substance Abuse Help

- **Republican Specialized Scientific and Practical Medical Center of Narcology:** `+998 71 235 02 00` *(The main national institution for detoxification and addiction treatment).*
- **Regional Narcology Dispensaries:** Each province has a dedicated "Dispanser" for substance abuse treatment.
- **Anonymous Counseling:** Most public narcology centers offer anonymous treatment options for those seeking help for drug or alcohol dependency.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial **103** (Ambulance) immediately. In Uzbekistan, medical care is prioritized in overdose cases.

Vanuatu 🇻🇺

Important Note on Dialing Codes: Vanuatu's country code is +678. The unified emergency number **112** is the primary contact for the Police. For medical emergencies, while **112** works, dialing **115** (Ambulance) is often more direct. Operators are fluent in **Bislama, English, and French**.

General Emergency Numbers

- **Police (Emergencies):** 112 *(The primary contact for security and reporting crimes).*
- **Ambulance (Promedical):** 115 *(A high-standard private/charitable paramedic service providing the most reliable emergency medical response in Port Vila and Luganville).*
- **Fire Brigade:** 113 *(Direct line for fire and rescue services).*
- **Vila Central Hospital:** `+678 22100` *(The main national referral hospital for medical emergencies).*
- **Maritime Rescue:** `+678 22391` *(Coordinated through the Vanuatu Police Maritime Wing).*

Suicide Prevention & Mental Health Crises

- **Mind Care Vanuatu:** `+678 22100` *(Located at Vila Central Hospital; provide the primary psychiatric and psychological support services).*
- **Vanuatu Family Health Association:** `+678 22140` *(Offers counseling and psychological support, particularly for youth and reproductive health).*
- **Wan Smolbag Theatre:** `+678 25550` *(A community organization that provides youth centers and counseling services for those in emotional distress).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial 115 (Ambulance) or transport the individual to the **Vila Central Hospital** emergency department.

Domestic Violence & Abuse

- **Vanuatu Women's Centre (VWC):** `+678 25764` or `080 88` *(A 24/7 national toll-free hotline for women and children experiencing domestic violence or sexual assault).*
- **Family Protection Unit (Police):** 112 *(Request this specialized unit when calling the police; they are trained to handle cases under the Family Protection Act).*
- **Vise (Vanuatu Integrated Social Enterprise):** Provides counseling and legal guidance for survivors of gender-based violence.

- **Emergency Police Intervention:** If you are in immediate danger, dial 112. Courts in Vanuatu can issue "Temporary Protection Orders" (TPOs) very quickly in domestic abuse cases.

Addiction & Substance Abuse Help

- **Vila Central Hospital (Medical Ward):** +678 22100 *(Provides medical detoxification and counseling for substance dependency).*
- **Vanuatu National Youth Council:** +678 23204 *(Provides community-based programs and counseling to help youth struggling with substance abuse).*
- **Community and Church Support:** Due to the strong social fabric in Vanuatu, many recovery efforts are led by church elders and community leaders who provide spiritual and emotional guidance.
- **Emergency Medical Overdose:** For any loss of consciousness or drug/alcohol-related medical crisis, dial 115 (Ambulance) immediately.

Vatican City 🇻🇦

> **Important Note on Dialing Codes:** Vatican City uses the Italian country code `+39`. While the city has its own internal emergency numbers, dialing the Italian unified emergency number **112** is fully functional and will be routed to the appropriate Italian or Vatican authorities depending on the nature of the crisis. Operators are fluent in **Italian and English**, with many speaking French, German, and Spanish.

General Emergency Numbers

- **Gendarmeria (Vatican Police):** `+39 06 698 112` *(The primary contact for security and reporting incidents within Vatican territory).*
- **Vatican Medical Service (Direzione Sanità e Igiene):** `+39 06 698 79111` *(For immediate medical assistance within the city).*
- **Fire Brigade (Vigili del Fuoco):** `+39 06 698 83314` *(Direct line for the Vatican's specialized fire and rescue unit).*
- **Italian Unified Emergency:** `112` *(Can be used for any life-threatening situation within or on the border of the Vatican).*
- **Bambino Gesù Children's Hospital:** `+39 06 68591` *(An extraterritorial Vatican-owned hospital in Rome, used for pediatric emergencies).*

Suicide Prevention & Mental Health Crises

- **Vatican Healthcare Services:** Vatican employees and residents have access to specialized psychological and psychiatric services through the *Direzione Sanità e Igiene*.
- **Samaritans (Italy):** `02 2327 2327` *(A 24/7 Italian helpline that provides emotional support and crisis intervention in Italian and English).*
- **Hospital of the Holy Spirit (Santo Spirito):** `+39 06 68351` *(Located just outside the Vatican walls; it is the primary public hospital for acute psychiatric emergencies in the immediate area).*
- **Primary Emergency Response:** In a life-threatening psychiatric crisis, contact the **Gendarmeria (+39 06 698 112)** or dial **112** for ambulance transport to the Santo Spirito Hospital emergency department.

Domestic Violence & Abuse

- **Corpo della Gendarmeria:** `+39 06 698 112` *(The Vatican police are the primary responders for any domestic disturbance within the city).*
- **Italian Anti-Violence Hotline:** `1522` *(A 24/7 multilingual hotline available to anyone in the Rome/Vatican area experiencing domestic violence or stalking).*

- **The Pontifical Commission for the Protection of Minors:** Focuses on institutional policy and reporting mechanisms for abuse related to the Church.
- **Emergency Police Intervention:** If you are in immediate danger, dial 112 or contact the nearest Gendarmerie post (often located at the entry gates).

Addiction & Substance Abuse Help

- **Vatican Pharmacy (Farmacia Vaticana):** +39 06 698 83422 *(Provides information on available medications and can facilitate contact with medical staff for addiction-related health issues).*
- **Gemelli University Hospital:** +39 06 30151 *(The official hospital for the Pope; it has world-renowned departments for addiction medicine and detoxification).*
- **Alcoholics Anonymous (AA) Italy:** +39 06 663 6620 *(The Rome Intergroup offers numerous English-speaking meetings in the immediate vicinity of the Vatican).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial **112** or contact the **Gendarmeria** immediately for emergency medical transport.

Venezuela 🇻🇪

Important Note on Dialing Codes: Venezuela's country code is `+58`. The unified emergency number **911** is the primary contact for Police, Fire, and Ambulance services. Operators speak **Spanish**; English-speaking assistance is extremely limited. For non-emergencies, contact the local **Polichacao** (in Caracas) or the **CICPC** (for criminal investigations).

General Emergency Numbers

- **National Unified Emergency:** `911` *(The primary contact for integrated dispatch).*
- **Civil Protection (Protección Civil):** `+58 212 662 5561` *(Focused on disaster response and medical rescue).*
- **Fire Brigade (Bomberos):** `+58 212 542 2423` *(Direct line for the Caracas Fire Department).*
- **CICPC (Criminal Investigation):** `+58 800 242 7224` *(To report serious crimes and for investigative services).*
- **Ven 911 (Mobile App):** The government encourages the use of the "Cuadrantes de Paz" app for localized emergency reporting.

Suicide Prevention & Mental Health Crises

- **National Suicide Prevention Line (Psychological First Aid):** `+58 212 416 3116` *(Operated by the Federation of Psychologists of Venezuela).*
- **Línea de Ayuda Psicológica (Sociedad Venezolana de Psiquiatría):** `+58 414 534 6611` *(Provides remote support and crisis counseling via WhatsApp/Call).*
- **Hospital Psiquiátrico de Caracas:** `+58 212 860 3804` *(The primary public facility for psychiatric emergencies in the capital).*
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis, dial `911`. If transport is unavailable, seek the nearest **CDI (Centro de Diagnóstico Integral)** or public hospital.

Domestic Violence & Abuse

- **Línea de Apoyo a la Mujer (Tinta Violeta):** `+58 424 152 3273` *(A dedicated 24/7 hotline providing guidance and support for survivors of gender-based violence).*
- **Instituto Nacional de la Mujer (InaMujer):** `0800-MUJERES` (0800-685 3737) *(The primary state agency for domestic violence reports and support).*
- **CEPAZ (Center for Justice and Peace):** Provides legal and psychological support for women victims of violence.

- **Emergency Police Intervention:** If you are in immediate danger, dial `911`. Request the "Unidad de Atención a la Víctima" when reporting to the police.

Addiction & Substance Abuse Help

- **Fundación José Félix Ribas (FUNDARIBAS):** `+58 212 576 8325` *(The main state-run organization for the prevention and treatment of substance abuse).*
- **Hogares Crea de Venezuela:** `+58 241 832 1530` *(A prominent NGO providing long-term residential rehabilitation for addiction).*
- **Alcoholics Anonymous (AA) Venezuela:** `+58 212 541 7134` *(Contact for local Spanish-speaking recovery meetings).*
- **Emergency Medical Overdose:** For a drug-related medical crisis, transport the individual immediately to the nearest **"Sala de Emergencias"** of a public or private hospital. Medical care is a constitutional right, though supplies in public facilities may be limited.

Vietnam 🇻🇳

Important Note on Dialing Codes: Vietnam's country code is +84. The primary emergency numbers are **113** (Police), **114** (Fire), and **115** (Ambulance). Operators are fluent in **Vietnamese**. In major cities like Hanoi and Ho Chi Minh City, English-speaking capabilities are increasing, but for immediate tourist assistance, the **Tourist Police** or hotel staff are often utilized as intermediaries.

General Emergency Numbers

- **Police (Cảnh sát):** `113` *(The primary contact for security, crime reporting, and serious traffic accidents).*
- **Fire & Rescue (Cứu hỏa):** `114` *(Direct line for fire emergencies and specialized rescue operations).*
- **Ambulance (Cấp cứu):** `115` *(Direct line for public medical emergency services).*
- **Tourist Support (Hanoi):** `+84 24 3926 1515`
- **Tourist Support (Ho Chi Minh City):** `+84 28 3925 0000`
- **Maritime Rescue:** `+84 225 376 0699` *(Vietnam Maritime Search and Rescue Coordination Center).*

Suicide Prevention & Mental Health Crises

- **Mai Huong Day Psychiatric Hospital:** `+84 24 3627 5762` *(Located in Hanoi; provides outpatient and emergency mental health counseling).*
- **Central Psychiatric Hospital No. 1:** `+84 24 3885 3227` *(The primary national referral center for acute psychiatric care).*
- **Ho Chi Minh City Psychiatric Hospital:** `+84 28 3923 4675` *(The main facility for mental health emergencies in southern Vietnam).*
- **Daycare and Psychologist Hotline:** `1900 599 830` *(A private psychological support line for emotional distress).*
- **Primary Emergency Response:** In an immediate crisis, dial `115` (Ambulance) for transport to the nearest general or psychiatric hospital emergency department.

Domestic Violence & Abuse

- **The Peace House (Ngôi nhà Bình yên):** `1900 969 680` *(A 24/7 national hotline providing shelter, counseling, and legal support for women and children victims of domestic violence and trafficking).*
- **National Child Protection Hotline:** `111` *(A free 24/7 service for reporting child abuse, neglect, and exploitation).*

- **CSAGA (Center for Studies and Applied Sciences in Gender, Family, Women and Adolescents):** +84 24 3333 5599 *(Provides extensive support and counseling for GBV survivors).*
- **Emergency Police Intervention:** If you are in immediate danger, dial 113. Vietnam's Law on Prevention and Control of Domestic Violence provides legal grounds for police intervention and protection orders.

Addiction & Substance Abuse Help

- **National Institute of Mental Health (NIMH) - Addiction Unit:** +84 24 3576 5344 *(Located at Bach Mai Hospital in Hanoi; offers medical detoxification and treatment).*
- **Sơn Tây Narcology Hospital:** Specialized in long-term rehabilitation and detoxification.
- **PSD (Center for Research and Support for Drug Users):** +84 24 3782 4311 *(Offers community-based support and counseling for reintegration).*
- **Alcoholics Anonymous (AA) Vietnam:** Meetings are primarily available in Hanoi and Ho Chi Minh City for English and Vietnamese speakers; check local listings for current locations.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial 115 (Ambulance) immediately. Hospitals focus on immediate clinical stabilization.

Yemen 🇾🇪

Important Note on Dialing Codes: Yemen's country code is `+967`. The primary emergency numbers are **199** (Police) and **191** (Ambulance). Operators speak **Arabic**; English-speaking assistance is extremely rare. In many areas, residents rely on local neighborhood networks or direct contact with hospitals.

General Emergency Numbers

- **Police (Emergencies):** `199` *(Functionality varies by region and governing authority).*
- **Ambulance (Medical):** `191` *(Managed by the Ministry of Health and the Red Crescent).*
- **Fire Brigade:** `191` or `177` *(In many cities, the same dispatch is used for fire and medical rescue).*
- **Yemen Red Crescent Society:** `+967 1 203 131` *(A critical provider of emergency first aid and disaster response).*
- **Coast Guard:** `+967 1 204 425`

Suicide Prevention & Mental Health Crises

- **Al-Amal Psychiatric Hospital (Sana'a):** `+967 1 234 444` *(The primary national facility for psychiatric care and acute emergencies).*
- **International Medical Corps (IMC):** Operates several mental health and psychosocial support programs in conflict-affected areas.
- **Family Counseling Center (Sana'a University):** Provides psychological support and counseling for trauma and emotional distress.
- **Primary Emergency Response:** In the absence of a dedicated psychiatric hotline, individuals in crisis are often taken to the nearest general hospital emergency ward or the **Al-Amal Hospital** if accessible.

Domestic Violence & Abuse

- **Yemen Women's Union (YWU):** `+967 1 207 423` *(A key organization providing protection, legal aid, and safe shelter for women victims of violence).*
- **Safe Spaces for Women and Girls:** Supported by UNFPA and local partners, these centers provide psychosocial support and referrals for GBV survivors.
- **Child Protection Hotline:** `137` *(A toll-free number for reporting child abuse and neglect in certain regions).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `199`. However, due to the collapse of some formal legal structures, seeking support through the **Yemen Women's Union** is often the recommended first step for safety planning.

Addiction & Substance Abuse Help

- **Al-Amal Psychiatric Hospital (Addiction Unit):** `+967 1 234 444` *(Provides basic medical detoxification and psychiatric support for substance dependency).*
- **Mental Health and Substance Abuse Program (MOPH):** Coordinates limited public resources for addiction treatment.
- **Community and Religious Support:** Most recovery efforts are facilitated through local community leaders and mosque-based counseling, focusing on social reintegration and spiritual support.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, transport the individual immediately to the nearest functioning hospital emergency room.

Zambia 🇿🇲

Important Note on Dialing Codes: Zambia's country code is `+260`. The primary emergency numbers are **991** (Police), **993** (Fire), and **992** (Ambulance). Operators are fluent in **English**, as well as major local languages such as Bemba and Nyanja.

General Emergency Numbers

- **Police (Emergencies):** `991` *(The primary contact for security and reporting crimes).*
- **Ambulance (Medical):** `992` *(Direct line for public emergency medical services).*
- **Fire Brigade:** `993` *(Direct line for fire and rescue).*
- **Specialized Victim Support Unit (VSU):** `+260 211 223 543` *(Direct line for the police unit handling domestic and gender-based crimes).*
- **SES (Private Medical):** `+260 962 740 300` *(A prominent private emergency medical provider and evacuation service).*

Suicide Prevention & Mental Health Crises

- **Chainama Hills Hospital:** `+260 211 235 441` *(The national referral hospital for psychiatry in Lusaka, providing 24/7 psychiatric emergency services).*
- **Lifeline Zambia:** `116` or `933` *(A 24/7 toll-free national hotline providing emotional support, crisis intervention, and suicide prevention).*
- **Mental Health Association of Zambia:** Provides advocacy and can facilitate referrals to local mental health clinics and specialists.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `991` (Police) or `116` (Lifeline) for guidance and dispatch.

Domestic Violence & Abuse

- **Child Helpline / Lifeline Zambia:** `116` *(A free 24/7 hotline for reporting child abuse and domestic violence; they work closely with the Police VSU).*
- **Victim Support Unit (VSU):** Available at almost all police stations nationwide; these officers are specially trained to handle domestic violence and property grabbing cases.
- **Young Women's Christian Association (YWCA):** `+260 211 254 751` *(Provides safe houses, counseling, and legal support for survivors of gender-based violence).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `991` and request the Victim Support Unit specifically.

Addiction & Substance Abuse Help

- **Chainama Hills Hospital (Addiction Unit):** `+260 211 235 441` *(The primary state facility for detoxification and rehabilitation services).*
- **Drug Enforcement Commission (DEC) - Education/Counseling:** `+260 211 253 600` *(The DEC provides counseling and referral services for those struggling with drug dependency).*
- **Serenity Harm Reduction Programme (SHARPZ):** `+260 211 268 534` *(An NGO providing specialized addiction counseling and outpatient rehabilitation).*
- **Alcoholics Anonymous (AA) Zambia:** Meetings are available in Lusaka and the Copperbelt region; contact local clinics for meeting schedules.
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `992` (Ambulance) or transport the individual to the nearest hospital emergency department immediately.

Zimbabwe 🇿🇼

Important Note on Dialing Codes: Zimbabwe's country code is `+263`. The primary emergency number is **999** (General) or **995** (Police). Operators are fluent in **English, Shona, and Ndebele**. For medical emergencies in major cities, private ambulance services like **MARS** or **ACE** are often preferred for speed.

General Emergency Numbers

- **National Emergency (General):** `999` *(Traditional landline contact for all services).*
- **Police (Emergencies):** `995` *(Direct line for security and reporting crimes).*
- **Ambulance / Fire:** `993` or `994` *(Direct lines for municipal fire and ambulance services).*
- **MARS (Private Medical):** `+263 772 234 234` *(Medical Air Rescue Service - a prominent private emergency provider).*
- **ACE Ambulance (Private):** `+263 782 911 911` *(Private emergency medical and evacuation services).*
- **Netstar Emergency:** `+263 242 700 000` *(Often used for roadside assistance and security response).*

Suicide Prevention & Mental Health Crises

- **The Friendship Bench:** `+263 772 735 222` *(A world-renowned community-based mental health program providing counseling and support).*
- **Musasa Project (Crisis Line):** `+263 773 235 330` *(While focused on GBV, they provide significant emotional crisis support).*
- **Annex Psychiatric Hospital (Harare):** `+263 242 701 555` *(The primary public referral unit for acute psychiatric emergencies).*
- **Zimbabwe Association for Mental Health (ZIMNAMH):** Provides advocacy and guidance on locating regional mental health resources.
- **Primary Emergency Response:** For an immediate life-threatening psychiatric crisis or if a suicide attempt is in progress, dial `995` (Police) or transport the individual to the **Annex Hospital** or **Parirenyatwa Hospital** emergency ward.

Domestic Violence & Abuse

- **Musasa Project:** `+263 808 0074` *(A 24/7 toll-free hotline providing safe shelter, legal aid, and counseling for survivors of domestic violence).*
- **Adult Rape Clinic (ARC):** `+263 242 704 125` *(Located at Parirenyatwa Hospital; provides specialized medical and psychological care for survivors of sexual assault).*

- **Victim Friendly Unit (VFU):** `995` *(A specialized department within the Zimbabwe Republic Police; request the VFU for sensitive handling of abuse cases).*
- **Childline Zimbabwe:** `116` *(A free 24/7 national hotline for children in need of protection or emotional support).*
- **Emergency Police Intervention:** If you are in immediate danger, dial `995`.

Addiction & Substance Abuse Help

- **Tirivanhu Rehabilitation Centre:** One of the primary facilities providing inpatient care and rehabilitation for substance dependency.
- **Highlands Halfway House:** `+263 772 219 224` *(A private facility focused on recovery and reintegration for those struggling with addiction).*
- **Dandaro Clinic (Psychiatric & Addiction):** `+263 242 701 555` *(Provides medical detoxification and counseling services).*
- **Alcoholics Anonymous (AA) Zimbabwe:** `+263 772 306 941` *(Contact for local English and Shona-speaking recovery meetings in Harare and Bulawayo).*
- **Emergency Medical Overdose:** For any loss of consciousness or drug-related medical crisis, dial `993` (Ambulance) or a private service like **MARS** immediately.